



CMS Cross Country 2019

COACHES DAVID & TAMMY TOWNSEND,
RHETT HIGGINBOTHAM, AND CORY CLEMENTS

What is Cross Country?

- ▶ One long distance, off-road event – 2 miles
- ▶ No tryouts
- ▶ No qualifying for weekly races – everyone runs!
There are Varsity & JV teams at some races.
- ▶ Can qualify as a team or individually for State.
The last 2 years our Boys' and Girls' Teams qualified!! We expect both to qualify again this year.
- ▶ Last year we competed in a National event for the second time!



Practices

- ▶ Will start mid-June. Come as you can.
- ▶ Last year, pre-season practices were on Mondays, Tuesdays, Thursdays & Saturdays at either Johnson Park or Cox Park.
- ▶ Once the season started, we raced on Tuesdays and practiced on Mondays, Thursdays & Saturdays.
- ▶ One hour – 1 ½ hours in duration

Typical Workouts

- ▶ Warm-up
- ▶ Dynamic Stretches
- ▶ Running (tempo, speed intervals, hills, distance)
- ▶ Strength
- ▶ Cool down stretches

Pre-Season Conditioning



- ▶ Begins in June 17
- ▶ Days and times TBD
- ▶ We will offer both morning and afternoon times.

Before you can attend your 1st practice, you must:

- ▶ Have an Interscholastic Sports Examination (dated after April 15, 2019). Turn in or email a copy of this paperwork.
- ▶ Complete SportsWare paperwork - www.swol123.net School ID: 1101CHS
 - ▶ Assumption of Risk
 - ▶ Concussion Form
 - ▶ Sudden Cardiac Arrest Info
 - ▶ NOTE: This process can take of couple of days. Please login and complete the necessary paperwork ASAP. CMS Athletic Director Coach Marchy will email us when the athlete is clear to participate.
- ▶ **Athletes will not be allowed to participate in practices or races until ALL paperwork has been completed.**

Racing Season

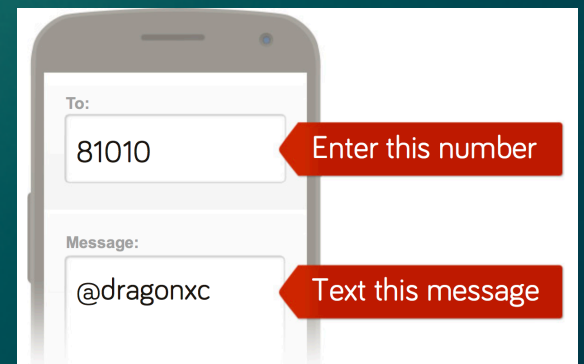
- ▶ We are looking to run in a pre-season race in August in Jackson, TN again this year. Stay tuned!
- ▶ Regular season competition typically kicks off with the Brooks Twilight Run held the first Saturday in September at 5:30 p.m. at the Mike Rose Soccer Complex.
- ▶ Remaining meets held on Tuesdays (this was the day last year). Usually one meet a week.
- ▶ Some of the meets we participated in last year included:
 - ▶ Brooks Twilight – Mike Rose Soccer Complex
 - ▶ Memphis Youth Athletics (5) – Shelby Farms
 - ▶ Coach Simmons Memorial Meet– W. C. Johnson Park
 - ▶ Chickasaw Trails – Oakville, AL
 - ▶ TMSAA Regional (Martin, TN) & State (Clarksville, TN) Meets
 - ▶ West TN Middle School XC Championships – Shelby Farms
 - ▶ TN State Championships – Knoxville
 - ▶ Nationals – Louisville, TN

Cost

- ▶ \$165
- ▶ Includes:
 - ▶ CMS Cross Country practice t-shirt
 - ▶ Race entry fees
 - ▶ Race Uniform

What do I do now?

- ▶ Get your child moving!
 - ▶ Download the Couch to 5K app
 - ▶ Make it fun!
 - ▶ Start out 2-3 times a week and work up to from there
- ▶ Get your child's Interscholastic Sports Examination form & SportsWare paperwork completed. Must be turned in before beginning practice.
- ▶ Buy some good running shoes (Fleet Feet & Breakaway give a 10% discount to XC runners.)
- ▶ Get on our email list and watch for updates!
- ▶ Sign up on Remind for text updates → → → →
- ▶ Get involved with our club.





Contact info

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