

# West Collierville Middle School Cross Country

## Summer/Fall 2021

Hello, Runners!

We're excited you're interested in Cross Country at WCMS. It's going to be a great season!

*\*\*Please note that runners need to be able to meet the following qualifications:*

**Girls need to be able to run 2 miles in 18 minutes or less (a 9 minute mile or faster).**

**Boys need to be able to run 2 miles in 16 minutes or less (an 8 minute mile or faster).**

*The distance for middle school cross country meets is 2 miles.*

*Please time yourself this summer to get an idea if you can meet this qualification by August.*

Here is how to get started:

**\*\*Please register for the Fall season using this Google forms link:**

<https://forms.gle/tWSk2JV8TKBZbcf99>

**\*\*Please join this Facebook group. You can find information throughout the season, photos being shared, etc., on this Facebook page (WCMS Cross Country):**

<https://www.facebook.com/groups/873881912813045>

**\*\*We will not hold Summer practices, but I have posted optional summer workouts on the WCMS Website. Go to <https://westcolliervillems.colliervilleschools.org> < Athletics < Sports < Cross Country (Boys/Girls) to access the workouts, summer running log, etc.**

**\*\* Be sure to log your miles and turn your summer running log in to Coach Webber or Coach Thrasher in the Fall – you may get a prize!**

**\*\*I will mostly communicate with you via email, so please make sure you enter valid email addresses on the fall registration form.**

**\*\*Before you can participate with us in the Fall, runners MUST have an updated physical from their doctor dated AFTER APRIL 15, 2021. Now is the perfect time to get that taken care of! Runners may not run with us unless a physical is dated after April 15, 2021.**

**\*\*Before you can participate with us in the Fall, runners MUST also have created an account and completed all forms in our system, DragonflyMax.** Runners may not run with us unless all forms are completed in DragonflyMax. The instructions for DragonflyMax are *attached*.

\*This year's fees will be \$200. You can pay by check (made payable to WCMS) or cash and give it to one of the coaches at practice. This fee will cover meet registration fees, uniforms, runner incentives, end-of-the-season gifts, awards, and coaches' stipends. Fees should be paid the first day of practice – Tuesday, August 10<sup>th</sup>.

\*Practices are TBA, but are usually Monday, Tuesday, Wednesday, and/or Thursday, from 3:30 to 4:45 on the WCMS campus. We may not practice on all of these weekdays. We will practice on the field that is behind the auditorium and the varsity gym. Runners should bring appropriate shoes and clothes to change in to after school. They will be dismissed to the Varsity Gym, and we will all head outside as a group. Runners should bring a water bottle, as it will be hot!

**\*\*Parents, for the first few days of practice, please escort your child to our "Coaches' table" outside, where we will make sure he/she has everything turned in – physical, DragonflyMax forms completed, fee paid. If your child does not have his/her physical turned in dated after April 15, 2021 and/or DragonflyMax forms completed, he/she will not be able to practice with us.**

\*\*Parents, please pick your child up promptly at 4:45 in the car rider line.

\*\*In the event of inclement weather, heat index, etc., we will do our best to cancel practice by 3:00. I will send out an email and post it on the Facebook page.

**\*\*Our first day of practice will be Tuesday, August 10<sup>th</sup>.**

\*\*In the past, we have participated in the meets run by Memphis Youth Athletics, held at Shelby Farms. Meets are usually one night a week. At this time, MYA does not have a set day and/or time for meets. I will communicate that information with you as soon as I receive it.

We are looking forward to getting to know you! We're excited about helping you fall in love with running, get faster, set some goals for yourself and work towards those goals!

Please reach out anytime if you have any questions!

Joanne Webber, Head Coach

[swebber@colliervilleschools.org](mailto:swebber@colliervilleschools.org)

Cathy Thrasher

[cthramer@colliervilleschools.org](mailto:cthramer@colliervilleschools.org)



**DragonFly MAX** is an electronic health record designed to save you time & ensure the athlete is healthy and ready to participate in athletic competition. We focus on the details so you can focus on what matters . . . safe and healthy athletes within Collierville Schools.

**Follow the easy steps below to get started using DragonFly MAX.**

### **PARENT INSTRUCTIONS**

1. Visit [dragonflymax.com](http://dragonflymax.com) and click LOG IN / SIGN-UP and follow prompts
2. On the sign-up page, click "Sign Up for Free".
3. Follow the prompts to create your **Parent Account** with your name and e-mail
4. Enter your child's School Code when prompted and confirm correct school
5. Click "Add A Child" in the DragonFly MAX website, then follow the prompts to create your child's profile and complete his/her participation forms, including uploading any necessary documents.
6. Please **complete ALL FORMS**. Once complete, you can review his/her profile OR add another child's profile.
7. Now that you're done, it's encouraged to download DragonFly MAX from the App Store.

### **SCHOOL CODES**

School Name: [Collierville High School](#)  
School Code: PO9ADR

School Name: [Collierville Middle School](#)  
School Code: YKVGYP

School Name: [West Collierville Middle School](#)  
School Code: 3DZAFP

### **QUESTIONS?**

Please e-mail Head Athletic Trainer Matt Norton, [mnorton@orthoone.org](mailto:mnorton@orthoone.org), or District Athletic Director Jeff Curtis, [jcurtis@colliervilleschools.org](mailto:jcurtis@colliervilleschools.org) with any questions.

