

West Collierville Middle School Cross Country Summer 2020

Hello, Runners!

We're so excited you're interested in Cross Country at WCMS! It's going to be a great season!! This summer's practice schedule will look a little different, but that doesn't mean you can't get great workouts at home and be ready for our Fall season!

We are excited to welcome Coach Sarah Duncan and Coach Cathy Thrasher to our coaching staff! They are both runners, have a passion for running, and are excited about working with you!

****Please note, that due to safety reasons and needing to stay with the group, runners need to be able to run 2 miles in 20 minutes or less (at least a 10-minute mile) by the time our season starts in the Fall.**

Here is how to get started!

*Please register for our Summer At-Home workouts using this Google forms link:

<https://forms.gle/DnjzvF7CyM4rKtps5>

*Summer At-Home workouts will be posted on this WCMS website:

Girls: <https://www.gowcmsdragonsgo.com/sport/cross%20country/girls/>

Boys: <https://www.gowcmsdragonsgo.com/sport/cross%20country/boys/>

*And also on this Facebook page:

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

****Before you can participate with us in the FALL, runners must have an updated physical from their doctor dated AFTER APRIL 15, 2020. Now is the perfect time to get that taken care of.**

****Runners must also have created an account and completed all forms in our system, DragonflyMax. Here are the instructions for DragonflyMax:**



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 www.dragonflymax.com, 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 that is the 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 Jared Vowell, jared@orthoone.org, or District Athletic Director Jeff Curtis, jcurtis@colliervilleschools.org with any questions.



See below for a Mileage Log. **Make sure if you participate in Summer workouts that you log your distances, your times, and your frequency of working out. You will turn these in to us when school starts in August, and there will be prizes 😊

We are looking forward to a GREAT running season with you! Please reach out if you have any questions!

Joanne Webber ~ swebber@colliervilleschools.org

WCMS Cross Country Summer Mileage Log 2020

Athlete Name _____ **Entering Grade** _____

	Mon Mileage and Time:	Tues Mileage and Time:	Wed Mileage and Time:	Thurs Mileage and Time:	Fri Mileage and Time:	Sat Mileage and Time:	Sun Mileage and Time:	Total Miles this week:
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Grand Total of Miles Run this Summer:								

I verify that my child has completed the above documented miles of running for this summer.

Parent Signature _____ Date _____

