

## **West Collierville Middle School Cross Country Fall 2020**

Hello, Runners!

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

We are thrilled 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 the Fall season using this Google forms link:**

[https://docs.google.com/forms/d/11czDPejt\\_4kjprKyX8ZjYtaJPDcT7aMWr-KMFqpJd48/edit](https://docs.google.com/forms/d/11czDPejt_4kjprKyX8ZjYtaJPDcT7aMWr-KMFqpJd48/edit)

**\*\*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/>

**\*\*I will 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, 2020. 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, 2020.**

**\*\*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. Here are 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 18<sup>th</sup>.**

**\*Practices will be held Monday, Tuesday, Wednesday, and Thursday, from 4:30 to 5:45 on the WCMS campus. We will practice on the old band field – the field that is behind the auditorium**

and the varsity gym. Students must go home after school is dismissed and come back for practice. We ask that runners start arriving at 4:15, and we will start our practices promptly at 4:30. Runners should bring their own water bottle (two, if needed), as we will not have access to water fountains or any shared water. We will have hand sanitizer for runners to use, and we will practice social distancing during our workouts.

**\*\*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 and/or DragonflyMax forms completed, they will not be able to practice with us.**

**\*\*Parents, please pick your child up promptly at 5:45 in the car rider line (same line you dropped your child off in). Please stay in your car during pick up.**

**\*\*In the event of inclement weather, heat index, etc., we will do our best to cancel practice by 3:30. I will send out an email and post it on the Facebook page.**

**\*\*Our first day of practice will be Tuesday, August 18<sup>th</sup>.**

**\*\*We will be participating in the meets run by Memphis Youth Athletics, held at Shelby Farms. At this time, MYA does not have a set day and/or time for meets; however, we’ve been told meet days and/or times could be staggered in order to reduce number of runners at the meets at one time. MYA will determine meet days/times based on state and county guidelines. Our first meet will not be before Labor Day. They usually hold one meet a week, around 6:00 p.m. The season usually ends around Fall Break. As I get more information on meets, I will share it with you.**

This season may look a little different, but that doesn’t mean it won’t be a great one! 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!

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