

# Kellogg Middle School Cross Country 2021

Coach Dove and Coach Warfield

## Dear Families of Kellogg Knights:

We are pleased that your Kellogg student will be participating in the fall sport season! Cross Country at Kellogg promotes discipline, health and sportsmanship. Our belief is that students who are involved in school activities and have social ties with peers and adults in the school community tend to be more successful academically. The physical and mental challenges that runners overcome are not unlike challenges faced in the classroom. For this reason, we consider our program to be a learning opportunity that will provide skills that are transferable to the classroom. We ask our student athletes to make academics their top priority and we will be supportive of that commitment. We also ask our student athletes to make a commitment to *the Cross-Country team*. Cross Country is a *team sport* yet every individual has an opportunity to help our team be successful during practices and during competitions.

## Practices:

Our first practice is Monday, 9/13 starting in the Auxiliary Gym located on the second floor at 3:15. All practices are held after school, Monday through Friday from 3:15 to 5:00. While we begin in the auxiliary gym our practices are actually held in Hamlin Park and its' trails, the Shorecrest campus, the Kellogg track and places in between. Our 'moving' practice makes it *very difficult* to accommodate early pick-ups. We try to be back at the gym by 4:40 for cool down and stretching and then out for pick up at 5:00 in the bus area. Every practice has a different focus and purpose and this may change based on when the meet is. We usually have one day dedicated to distance/endurance running, one day for strength/conditioning/speed/hill training, one day to review tactics/techniques/running form for performance in a meet (including nutrition/hydration/ proper warm- ups), and one day to review our prior competition, our weeks of workouts, and engage in some team building activities and running games. **Every practice is important and builds on previous practices. It benefits our team if everyone attends all!**

## After Practice/Meet Transportation and the new Wednesday Schedule:

First, please note that after-practice transportation is offered ONLY on Tuesday, Wednesday and Thursday beginning September 14<sup>th</sup>. You will need to provide your own after practice transportation on Mondays and Friday. On Wednesday early release, students may return home if you are able to bring them back for practice and/or meet departure, or student athletes can remain at school, in the commons, library, and courtyard from 1:30 - 3:10pm as they wait for practice to begin. Starting October 5<sup>th</sup> students may participate in Hangtime from 1:30 - 3:10 then be released to practice. Please begin planning your carpools for after practice pickup at 5:00!

For meets away from Kellogg we might not get back in time for your student to take the activity bus home so please plan carpools from Kellogg to home on meet days. At the Einstein Meet and the Championship League Meet @Shoreline Center there is one-way transportation only. Rides must be arranged for the way back - but of course you will want to be there to watch us anyway!

When we **travel** to another school for an "away" meet backpacks will be locked up at Kellogg before we leave - they **may not be brought on the bus** due to size constraints with our large team. Our return time to Kellogg after any of our meets is determined by meet location, travel time, number of competitors in the meet and freeway traffic. If you come to the meet your child (and only your child) may go home with you, but we encourage everyone to take the bus.

## Eligibility:

Cross Country is not a "cut" sport. Anyone who wants to participate *is* on the team. A sports physical must be up to date and all paper work must be turned in with fees paid *for attendance to be counted as a practice*. Grade checks are done throughout the season and not keeping grades up will affect eligibility. (Please review code of conduct for more information.) To participate in a meet a student must complete **eight practices**. All *eligible* team members participate in the meets and the district meet. We can send 60 runners to the final Championship Meet - 15 per grade/gender team.

**Meets:**

This year Kellogg hosts two meets in **Hamlin Park on Monday, 9/27 and Thursday 9/30** Be sure to put these dates on your calendar. Cross Country meets are a fun outdoor experience. Kids love to have their parents there for support and we hope to see you out at our meets cheering on the team!

**Attendance:**

Attendance at all practices and all meets is vital. Each practice (daily and weekly) is carefully designed so students (individually and as a team unit) may achieve top performance towards the end of our short seven-week program.

**Excused absences:** pre-arranged appointments, family commitments, excused absences from school, illness and injury. **Parents should send a note or email to Coach Warfield** (Nancy.warfield@shorelineschools.org) **for each absence.** *The office does not pass on this information.*

**Uniforms:** Students will be issued uniform shorts and jersey to be worn **only on meet days.** We highly recommend that athletes wear spandex shorts and possibly a shirt underneath their uniform. We will take orders for a sport performance shirt that works great under the jersey. Uniforms will be checked out at practice Tuesday, 9/21,.

**Safety:**

We have designated running routes and later in the season athletes run in assigned groups. All coaches are 'on the run' with the team. We hope to prevent injuries by teaching athletes correct warm-up procedures, conditioning exercises, running mechanics, cool-down routines and recuperative stretches at the end of practice. Please have your child speak with their coaches if they are having any pain when running. If an injury prevents *full participation* in practice, it is best to have the athlete stay home until a doctor clears the athlete for participation.

**Tips for the Cross-Country Athlete:**

Show up *ready* for practice. Being "ready" includes being dressed *weather appropriate* clothing (not cotton) and running shoes and socks (those with wicking properties work better than cotton socks), preparing by taking any medications (inhalers for asthma), eating a snack, having a full water bottle, using the restroom, and *coming with a cooperative team attitude.* Bring a snack (fruit!) for before practice and a protein snack for after practice. Eat a well-balanced diet to enhance your running ability. Fruits and veggies are your body's *fuel of choice* as they are carbohydrates! Drink water all day to stay hydrated. Avoid sugar as it can trigger side-aches.

**Parent Information Meeting:**

We would like a chance to introduce ourselves to you, briefly explain our program, and answer any questions you might have. Please join us for a short meeting Zoom meeting after practice, **Thursday, September 16<sup>th</sup> 6:00 pm – 6:30 pm. We look forward to meeting you. A zoom link will be sent to you through Parentsquare.**

Sincerely,

Jacob Dove  
Nancy Warfield  
Head Coaches

# Cross Country Families: Please Return to XC Coaches

I have reviewed the Cross-Country information regarding attendance, practice and meets, important dates, uniforms, when after-school transportation is and is *not* available, academic and safety guidelines with my student and am prepared to support my child's athletic success this season.

I give permission for my son/daughter to run off campus during supervised, group activities.

I understand that backpacks cannot be taken on the bus when the team travels to away meets. They will be locked up at Kellogg and can be retrieved by a parent before we leave or when the team bus returns from the meet.

Student Signature \_\_\_\_\_

Student's Name \_\_\_\_\_

Girls 7th Grade Team \_\_\_\_\_ Girls 8th Grade Team \_\_\_\_\_

Boys 7th Grade Team \_\_\_\_\_ Boys 8th Grade Team \_\_\_\_\_

Parent Signature \_\_\_\_\_

Parent's Name: \_\_\_\_\_

# 7/8th Cross Country 2021 - 2022 Season

Date	Time	Type Opponent	Site
9/27/2021 Mon	3:30 <b>PM</b>	NORTHMIDDLE SCHOOL, Voyager Middle School	Hamlin Park - Hamlin Park Trails
9/30/2021 Thu	3:45 PM	Harbour Pointe Middle School, Evergreen Middle School (Everett)	Hamlin Park - Hamlin Park Trails
10/7/2021 Thu	3:45 PM	Eisenhower Middle School	Eisenhower Middle School School Track
10/14/2021	3:45 PM	Heatheiwood Middle School	Heatheiwood MS- Track
10/19/2021 Tue	3:30 <b>PM</b>	Einstein Middle School	Einstein Field
10/27/2021 Wed	3:45 PM	Einstein Middle School	Shoreline Stadium- Field