

Troy Cross-Country

After School Practice & Meets Procedures



WBO Students:

- Runners will change into athletic clothing (team uniform on meet days) in the washroom/locker room
- Students are to meet in the foyer
- A coach from WBO will supervise athletes in foyer. Students and coach will walk over to TMS to catch the shuttle bus (bus typically departs around 2:40pm - 2:50pm)

TMS Students:

- Runners will change into athletic clothing (team uniform on meet days) in the washroom/locker room
- Students are to meet in the cafeteria
- A coach will wait with students to catch the shuttle bus (bus typically departs around 2:40pm - 2:50pm)

Activity Bus:

- Students will end practice early to catch the activity bus
We encourage these runners to run when they get home to ensure they get an adequate amount of practice
- Runners will take a shuttle bus back to TMS/WBO at 3:50pm
- Students will board their assigned activity bus (buses depart at 4:15pm)
- Please sign up for the activity bus using the form at the bottom of our website www.troyxc.weebly.com

Home Meets:

- All team members run
- A shuttle bus will take runners to Cronin (Crossroads) Elementary School
- No need to sign out when leaving
- Activity buses will NOT be available to take students home after the meet

Away Meets:

- By invitation only
- Students may take shuttle bus to and from meet. Bus will depart from TMS. A coach will pick up runners from WBO to bring to the bus. Parents are welcome to drive runners to meet, as well.
- If driving child(ren) home from meet, please sign out with one of the coaches before leaving
- If taking shuttle bus home, parent/guardian pickup will be outside the front of TMS