

Cross-Country

Frequently Asked Questions 2022



Who is eligible to participate?

Any 5th-8th grade student that attends WBO or TMS. Student must have a current physical on file. All physical dates can be checked under Skyward where your child(ren)'s grades are posted. Any student receiving an "F" in any subject will be ineligible to participate for the week after the "F" has been reported. The teachers check eligibility once a week at TMS and WBO.

How much will it cost to be on the Cross-Country team?

All sports and activity fees are paid at registration.

How many kids can join the XC team?

Due to coach-to-athlete ratio and safety reasons in the woods, the team is limited to 120 runners. If the team exceeds 120 runners, a time trial will be used to determine who makes the team. All runners will run in the home meets but away meets, invites, and state races will be limited to the fastest runners.

When and where will practices be held?

From Monday, August 1 - Thursday, August 18, practice will be held from 5:30-6:45 pm. Friday, August 19, practice will be from 2:35-4:00 pm at TMS. **There will not be an activity bus these days.** Tentatively, beginning Tuesday, August 23 until the end of the season, practice will be held after school from 2:35-4:00 pm. Practices are held at TMS or Cronin Elementary School (formerly known as Crossroads Elementary School) at 210 E. Black Road in Shorewood. Families are welcome to walk or run in the forest preserve as well. Please check the monthly calendar to see where practice will be held.

Where can my child change before practice?

Once practice starts after school, 5th and 6th graders will change at WBO and meet in the school foyer. This can be found outside the main office and gymnasium. The WBO athletes will be walked over by a coach to TMS to board the bus. The 7th and 8th graders will change in the TMS locker rooms. Once changed, they will meet in the cafeteria and wait to board the bus at TMS.

What transportation will be provided?

From Wednesday, August 17 until Thursday, August 18, runners will use their regular transportation method to go home after school. Parents/Guardians will need to bring their child(ren) back to Cronin from 5:30-6:45 pm for practice.

Tentatively, beginning Tuesday, August 23 until the end of the season, transportation will be provided from TMS to Cronin Elementary School. The activity bus will be made available to students beginning on Tuesday, August 23, as well. Students will be dropped off in the back of the school to board the activity buses home. Car riders may be picked up in the front of TMS or at Cronin Elementary School. Please note that practice time will be shortened for those who choose to take the activity bus home. These students are encouraged to run extra when they get home to makeup for

lost practice time. Please sign up for the activity bus online. The form can be found on the Cross-Country webpage and the Google Classroom. Space is limited.

How does transportation work on meet days?

All 5th-8th graders will leave on a bus from TMS to the XC meet location. After the meet is over, the parents have the option to sign their child(ren) out with a coach at the meet or have their child(ren) ride the bus back to TMS to be picked up. **An activity bus will not be provided on meet days.** Please **DO NOT** take your child(ren) from the meet without signing out on a clipboard with the coaches. Parents/Guardians do not need to sign out their child(ren) on home meet nights.

What equipment is required to participate?

Any sports clothing that is school-dress code appropriate. Spandex, tank tops, and crop tops are prohibited. Also, running shoes that support the ankle and foot are preferred. Please do not wear spikes unless instructed by one of the coaches. Water bottles are highly recommended but, please note that water will be provided.

Is there a uniform that athletes must wear?

A uniform will be provided to wear on meet days. Any damaged or lost uniforms will result in a \$65.00 fee to your child(ren)'s school account.

When is picture day?

Picture day is still to be determined but will be held at TMS. Please arrange to have your child(ren) picked up from TMS at 4:00 pm on this day. Athletes will need the picture form filled out with payment in the envelope and their XC uniform. The coaching staff will hand out picture forms several days prior to picture day. Even if you do not wish to purchase a photo, your child can still take the team photo and be in the school yearbook.

My child runs for the team; as a parent/guardian, I would like to volunteer. How do I go about doing so?

We acknowledge that our program would not be nearly as successful without the help of the community and we are forever grateful to our volunteers. If you are interested in helping out, please contact one of the coaches via email or feel free to talk to us before or after practice! There will be a Google Form for you to complete. Thank you in advance for your assistance.

How can I access the Cross-Country website and season information?

This website can be found at troyxc.weebly.com; additionally, athletes will be invited to Google Classroom once they are signed up on 8to18.

What is Remind 101 and how do I sign up?

Remind 101 is a messaging tool the coaches use to communicate with parents/guardians and athletes. Changes to the schedule and friendly reminders will be sent through Remind. We encourage all parents/guardians and athletes to sign up. Please use the following link to sign up: <https://www.remind.com/join/troyxc19> An instruction sheet will be passed out at the beginning of the season. Users may be prompted to download the app when signing up. If you are already registered from previous seasons, you will not need to sign up again.