

## Valley Ridge Academy Middle School Cross Country Team

**Please return the back page of this packet to Ms. Bohatch, Room 611, along with club dues.**

The Valley Ridge cross country team will begin practice on Tuesday, September 24th, 2019 at 3pm. The team is designed to introduce students to distance running, goal setting, running competition, and to promote physical fitness. The team will meet every Tuesday and Thursday from 3:00pm to 4:00pm at the PE pavilion.

**The team dues are \$20.00.** This will go toward team shirts and snacks.

Students must have their own transportation home and to meets. If you are planning on picking up your son or daughter, please pick him or her up at the front of the school **no later** than 4pm.

Students **must have** a current physical on file, completed within the year, in order to participate. Please bring a copy of your physical to Ms. Bohatch in room 611.

### Running FAQ

#### **1. When does the season start? When does it end?**

The first practice is Tuesday, September 24<sup>th</sup>. I will release end dates soon. We will likely end the right before Thanksgiving. We will start back up in the spring with track & field (we will have a separate registration).

#### **2. What do I need to run?**

A good pair of running shoes, socks made specifically for running, and clothes that wick away moisture. Be sure to bring water (and stay hydrated during the day) and a towel. It gets sweaty out there. Your application for the team will include a fee that covers the cost of the team running shirts. I also recommend wearing a watch! During some practices, we run for time.

#### **3. Are there try-outs?**

No, just sign up and pay your fee. Runners of all paces are encouraged to participate. **All I am looking for is someone who is willing to put in the effort. This is not just a social club.** We will partake in running and conditioning activities. There are no refunds if you decide you don't want to do this. Please come with a positive attitude.

#### **4. When and where do we practice?**

Practice will be twice a week, right after school, for an hour at the PE Pavilion. We will run on the track. Change immediately into your running gear and meet immediately at the Pavilion to warm up.

#### **5. How will I get home?**

You must arrange for transportation home. There is no after school bus. Car riders can meet their parents at the parent pickup line. Please be prompt.

#### **6. What should I expect at the races?**

I will release information regarding races as soon as it's available. Runners must provide their own transportation to and from the races. You need to get there at least 30 minutes before the start time. Boys and girls run separately. Each gender and grade level get placed and then there is an overall Boys and Girls winner. You provide your own running shorts but you will need to wear the team running shirt. Parents can watch from the sidelines. We encourage you and your parents to stay until the end of the races to cheer on

the team. If you place, ribbons will be given out at the end. I ask for volunteers to provide water and healthy snacks to the races. The races usually begin at 4 and can run until 6, depending on how many runners there are. Races are around 2 miles in length.

### **7. What is the attendance policy?**

This is a competitive team. Students cannot miss more than two practices and still participate in races. If you **must** miss a practice, please

A. Have a parent notify Ms. Bohatch via email

B. Complete your workout at home (running logs/and or Schoology will outline all workouts)

\*Repeated unexcused absences will result in a loss of your spot on the team. Your spot will go to someone who is on the waiting list.

**If you have any other questions. Please feel free to email Coach Bohatch at [katie.bohatch@stjohns.k12.fl.us](mailto:katie.bohatch@stjohns.k12.fl.us).**

**Permission Form & Student Information \*Return to Ms. Bohatch with \$20 club dues**

My son/daughter \_\_\_\_\_ has permission to join the Valley Ridge Academy Cross Country Team. This after school activity will begin at 3:00pm and end at 4:00pm.

X \_\_\_\_\_ Date \_\_\_\_\_  
Parent/guardian signature

Cell Phone and Contact Numbers: \_\_\_\_\_

Parent Email: (Will receive all team updates. Please check email as we sometimes have to cancel practice due to weather) \_\_\_\_\_

**Student Information Sheet \*Return to Ms. Bohatch**

Student Name: \_\_\_\_\_

Student's Age: \_\_\_\_\_

Shirt Size (dri-fit; indicate youth or adult): \_\_\_\_\_

How my child will get home from practice (parent pick-up, bike, etc.):

\_\_\_\_\_

Please have your child list his or her daily class schedule (please include teacher's name)

Period 1: \_\_\_\_\_

Period 2: \_\_\_\_\_

Period 3: \_\_\_\_\_

Period 4: \_\_\_\_\_

Period 5: \_\_\_\_\_

Period 6: \_\_\_\_\_

Period 7: \_\_\_\_\_