# OJR MIDDLE SCHOOL GIRLS CROSS COUNTRY

**2023 Team Guidelines**

Girls’ Coach: Ms. Hertzog

**Before you will be permitted to practice with the team you must:**

**1. Register through FamilyID:** [**https://www.familyid.com/organizations/owen-j-roberts-school-district**](https://www.familyid.com/organizations/owen-j-roberts-school-district)

**2. Submit a PIAA Section 7 CIPPE Physical Form for their 1st sport season of the school year (must be dated June 1st, 2023 or later). This only needs to be done once for the 2023-24 school year.**

**3. Complete a current Impact Baseline Assessment if needed. All 7th grade athletes, and any 8th grade athletes who did not participate in a sport last year, will need to complete a baseline assessment**

**PRACTICE SCHEDULE:** \*\* \*\*ATTENDANCE AT PRACTICES IS **MANDATORY**\*\*\*\*\*

 You will be expected to attend all scheduled practices and to be on time. Practice will begin at 2:30 outside the middle school gymnasium. It will end at 3:45 every day. There is no practice on Fridays**.**

**There are no buses to bring students home from practice. All students must have a ride at 3:45 PM from the front of the Middle School**

The only exception for busing will be with dual meets. More information will follow.

 Safety at practice and meets is of highest importance. Therefore, during practice students will be accounted for at all times. Athletes must check in and check out with the coaches each day at practice and at meets.

 If you know that you have to miss a practice, you must have a legitimate note from your parents 24 hours before the missed practice. If you have 2 unexcused absences from practice or meets you will miss the next meet. If you have 3 or more unexcused absences then you will miss PAC Championship Invitational. 4 or more unexcused absences and you will be dismissed from the team.

All athletes should dress appropriately for practice and meets. Running shoes are to be worn for practice and during meets when not competing. Sweats or warm-ups must be worn during the cooler parts of the season.

 Please avoid bringing valuables to practice and meets as you are responsible for any lost belongings.

No jewelry is permitted to be worn during practice or competition.

 In the event of inclement weather, athletes should check for announcements regarding practices or meets. Practices or meets may be cancelled if necessary. If a practice or meet is cancelled an announcement will be made to students. Also, an email will be sent out to parents so that you are aware.

In order to be made aware of this information and important updates throughout the season, please fill out the Emergency Contact form and return it as soon as possible.

Also, the best way to stay posted is to regularly check the team website: <https://ojrwildcats.bigteams.com/>

 Go to “Fall” then “Cross Country” then “Girls Middle School”. The team guidelines, calendar, and any other important documents are found under “team files” important announcements are posted under “team news”.

**MEETS:**

You will be issued a uniform for meets. You may wear spandex shorts and a white layer under your uniform. You must wear OJR red and white outer wear (over uniform) to meets.

Students may wear running shoes or cross country spikes for the meets. However, students should not plan to wear their spikes at practice.

 Dual meets conclude by approximately 4:30-4:45 PM. You may pick up your child after the meet is concluded directly from the meet, but they must be signed out with the coach. **Students who are not picked up from the meet are to have a ride home from the middle school** after the bus returns from an away meet. Students will be asked to call for their ride to pick them up at OJR Middle School as we leave from the meet.

For our home meets, students must be picked up directly from Warwick Park as the bus does not return to the middle school.

**CONDUCT:**

 The school rules for the student/athlete must be respected and adhered to by everyone. Athletes are expected to carry themselves in a way that appropriately represents OJR. Inappropriate behavior or insubordination by student athletes will not be tolerated and could lead to suspension or dismissal from the team. We will look to challenge each member of the team, but we will work with all abilities so that everyone has a successful season. In return for your coaches’ commitment to you, we ask only that you give your best to attain your best performance.

 \*This is a team sport – everyone should have fun, make friends, and cooperate. Therefore, bullying or harassing on the team will **NOT** be tolerated. If there are any issues, the coach will contact home and a possible suspension/removal from the team can result as a consequence.

 I want to let you know how much I value my position as OJR MS Cross Country coach. I thoroughly enjoy working with our runners, and helping them grow as athletes. I look forward to working with your daughter and all of our student athletes. Thank you for all of the efforts you put in to make this fantastic sport of cross country a success at Owen J. Roberts.

Sincerely,

Ms. Leighanne Hertzog

lhertzog@ojrsd.net

High School Learning Support

OJRMS Girls Cross Country- Head Coach

OJRHS Assistant Track Coach

 A note about gear:

Runners for XC should have running specific shoes from a running store. Cross trainers and shoes from generic sporting good supply stores are not sufficient to support the athlete, as we log many miles during the season. For many of our athletes, this is the first time they are participating in a running specific sport. Properly fitted shoes will help prevent injury and keep our runners active through the season.

**Frequently Asked Questions:**

Q: What is the race distance of a cross country meet?

A:  Approximately 3 kilometers (1.86 miles)

Q: How far do we run in practice?

A: The accumulated distance usually ranges anywhere from 2-4 or 5 miles. We build up to that level based on your current fitness level.

Q: What do we wear for practices and meets?

A: For practices you need a good pair of running shoes (See All Kinds of Fast running store in Phoenixville, PA), shorts, t-shirt, or longer outerwear depending on the weather. Layers are always a good idea as fall weather can be tricky. For meets, you need the same items as practice along with a uniform and possibly spikes. Spikes are not mandatory but can be helpful. Cross country spikes are only used for meets.

Q: How do points work in cross country?

A: It is like golf, the lowest score wins. We take the sum of the first 5 boys and the first 5 girls separately to assess wins/losses. Students come across the finish line and receive a card/stick or paper with their number on it. Students will give their card to a scorer or coach in order to add up the point totals.

Q: How do I know where to go in a cross country meet?

A: Courses are marked with spray paint or cones to guide runners along the path.

Q: How long are the cross country meets?

A: Most meets last about an hour or slightly longer than an hour. There is one boy’s race and one girl’s race.