

Cross~Country



Information Packet

ROSA CROSS COUNTRY
(Expectations and Overview)

Thank you for your interest in the Rosa Cross Country Team for the fall season. *Please read this contract with your parents and sign in the appropriate location and return to Mr. Feeley.*

***PLEASE KEEP THIS" OVERVIEW" AND THE "CALENDAR" AND RETURN THE "CONTRACT SIGNATURE" PAGE TO MR. FEELEY.**

- The X-C team is run under a "NO CUT" policy. However, athletes who are unable to or fail to meet the requirements outlined below are strongly encouraged to reconsider their decision to participate in the Cross Country Program. **The LAST DAY TO BEGIN CROSS COUNTRY IS 9/18/15.**
- **CONDUCT:** Students will conduct themselves appropriately (according to Rosa and District standards/guidelines) at all times including practices, races, bus rides, etc.
- **PRACTICE** is every day unless there is a race. *We have a lot of races in a very short time period thus, it will be extremely important that you make a concerted effort to attend all practices.*
 - a. **Practice** is from **3:15 – 4:20** Students are expected to meet at designated location ready to practice
 - b. Athletes **NEED** running shoes, running shorts/sweats, t-shirt, etc. for **ALL PRACTICES**
 - c. Water bottles are recommended for practice
 - d. There **ARE LATE BUSES** for **ALL PRACTICES. (Late Busses leave at 4:30)** (Students **NEED TO KNOW** the development they live as well as their STREET and closest CROSS STREET for Late Bus)
- **RACES:** Athletes are expected to attend **ALL** Races and travel to and from away races on the bus with the team. ***NOTE*** Parents may choose to drive your son/daughter home from some or all of away races **HOWEVER**, it is **IMPORTANT** the athlete indicates to the coach if he or she is leaving as well as **SIGN-OUT, IN THE "SIGN-OUT BINDER"** located by Rosa's Medical Kit at ALL away races. **ALSO** if the athlete will be picked up from the race **REMEMBER to BRING ALL BELONGINGS from school to the race.**
 - a. Athletes **NEED** proper attire including running shoes, running shorts/sweats, and a **UNIFORM (T-Shirt which students purchase \$10) for ALL RACES**
 - i. **Snacks and Water are Recommended**
 - b. **There IS transportation TO and FROM the RACE ONLY.**
 - i. **NO LATE BUSSESS FOR RACES.** Athletes **MUST** arrange for a ride home **FROM ROSA** after **ALL RACES**
 - ii. **"Pick-up"** times listed on the attached schedule are the **"estimated"** arrival times back to Rosa from Away Races. *(Athletes are encouraged to call their parents on the bus ride home to give a more accurate arrival time).*
 - c. **DIRECTIONS** to AWAY races are available on the **Rosa Website's "Athletics Page"**.
 - d. **CHANGES/UPDATES** to the schedule or otherwise will be given to the team verbally. *(Race Cancellations will be posted on our School's Website)*
- **SATURDAY RACES:** There are 2 scheduled Saturday Races: Great Adventure and Cherry Hill Championships. **Every Runner is expected to be at the Cherry Hill Championships, hosted at Rosa.**

Dan Feeley, Coach

**ROSA CROSS COUNTRY
FALL
(Contract)**

Athlete's Name (Please Print) _____

L.C. _____ **T&D ROOM** _____ **T&D ADVISOR** _____

We have read and understand the team guidelines as outlined in the "Expectations and Overview" sheet. We agree that our son/daughter is willing and able to follow these guidelines and procedures.

(Athlete's Signature) (Date) _____

(Parent's/Guardian's Signature) (Date) _____

(Parent's/Guardian's Signature) (Date) _____

(Parent's/Guardian's Signature)

Cross-Country September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	1 Fall Sports Meeting 7PM (Physicals and Permission forms turned into Nurse)	2 <i>(Physicals and Permission forms turned into Nurse)</i>	3 <i>(Physicals and Permission forms turned into Nurse)</i>	4 <i>(Physicals and Permission forms turned into Nurse)</i>	5
6	7 NO SCHOOL	8 Practice (Late Bus) Purchase T- Shirt/Uniform \$10	9 Practice (Late Bus) Purchase T- Shirt/Uniform \$10	10 Practice (Late Bus) Purchase T- Shirt/Uniform \$10	11 Practice (Late Bus) Purchase T- Shirt/Uniform \$10	12
13	14 NO SCHOOL	15 NO SCHOOL	16 Practice (Late Bus) *T-Shirt/Uniform Handout	17 Practice (Late Bus) *T-Shirt/Uniform Handout	18 Practice (Late Bus) *T-Shirt/Uniform Handout	19
20	21 Practice (Late Bus) *Time Trial*	22 Practice (Late Bus)	23 Early Dismissal NO PRACTICE	24 Race @ Rosa Pick up 5PM	25 Practice (Late Bus)	26

REV 9/2/15

Cross-Country October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Race @ Olson Middle Pick up 5:35PM	29 Practice (Late Bus)	30 Practice (Late Bus)	1 Race @ Rosa Pick up time 5PM	2 Practice (Late Bus)	3
4	5 Race @ Holbein Pick up time 5:35PM	6 Practice (Late Bus)	7 Practice (Late Bus)	8 Race @ Indian Mills Pick Up time 5:45PM	9 Practice (Late Bus)	10
11	12 Practice (Late Bus)	13 Race @ Cinnaminson Pick up time 5:25PM	14 Practice (Late Bus)	15 Race @ Rosa Pick up 5PM	16 Penny Packer Park Practice *Select Runners*	17
18	19 Race @ Demasi Pick up time 5:25PM	20 Practice (Late Bus)	21 Practice (Late Bus)	22 Practice (Late Bus)	23 Practice (Late Bus)	24 Cherry Hill Champs @ Rosa 9AM (ALL RUNNERS)
25	26 League Championships @ Beck (ALL RUNNERS) Pick up time 5:30	27 Practice for Meet of Champs runners (Late Bus)	28 Meet of Champs @ Delran MS (Top 15 from League Champs) Pick up time 5:30	29 Practice (only if needed)	30 Practice (only if needed)	31 <i>Cherry Hill Championships (Rain Date) Start time 9AM</i>

REV 9/2/15