

# Petoskey Middle School Cross Country 2023

Cross Country is a great sport that allows you to compete and improve both as an individual and a team. We hope that you will enjoy this opportunity to get in shape, compete, and have fun. No prior running experience is needed. The goal is for each runner to improve individually and have fun while doing it.

## Coaches:

Mrs. Erickson 348-2246 Email: [erickson.rl.t@northmen.org](mailto:erickson.rl.t@northmen.org)

Mr. Sturm 348-2116 Email: [jsturm@northmen.org](mailto:jsturm@northmen.org)

**A physical must be on file in the office before you can practice.** The physical must be dated after April 15, 2023.

**Gear:** Practice is held during ALL types of weather. Most days we will practice outside. Athletes MUST be prepared for all temperatures.

Things to pack in your bag for practice:

- Sweatshirt
- Athletic pants (sweats, running tights, etc.)
- Gloves
- Hat
- Running shoes
- Athletic socks

## What to expect:

- Practices: Monday - Friday. We will meet in the 7th grade foyer, by the Media Center
  - Monday - Thursday from 3:25 p.m. until 4:45 p.m.
  - Friday practices end at 4:15 p.m.
- Season starts on 9/5 and ends 10/10.
- Athletes will run 2-4 miles each day.

**Attendance:** Good attendance is an expectation in cross country. If you are in school, we expect you to be at practice. If a circumstance prevents you from being at practice, you must talk with a coach. Poor attendance may result in not attending meets.

**Behavior:** Following the Full Value Agreement is a requirement. Consequences for discipline problems will be decided by the coaching staff and will follow the athletic handbook. Note that repeated or serious infractions may result in additional consequences, such as missing meets or being removed from the team.

## Meet schedule (subject to change):

Date	Day	Place	Time	Bus time
9/13	Wednesday <b>Ice Cream Run</b>	Home	4:00	
9/18	Monday <b>Bog Run</b>	Inland Lakes	4:00	2:30 SFX 2:15
9/21	Thursday <b>Cookie Run</b>	Charlevoix	4:00	1:45 SFX 1:30
9/23	Saturday <b>PHS Invitational</b>	Home	TBD	
9/28	Thursday <b>Mackinaw Club Invitational</b>	Machiaw City	5:30	3:30
10/4	Wednesday <b>Mancelona Invitational**</b>	Mancelona	4:00	1:30 SFX 1:15
10/10	Tuesday <b>Caramel Apple Run</b>	Gaylord	4:00	2:15 SFX 2:00

\*\*7th and 8th grade only. No practice for 6th grade runners.

**Uniform t-shirt-** Everyone is required to wear the uniform t-shirt at meets. If you have one from a previous year, there is no need to purchase a new one. **New shirts will be available for purchase for \$15 each.**

**Parent Volunteers:** Your help is needed and greatly appreciated at our home meets. Please use the Sign Up Genius link to sign up to help at our [Ice Cream](#) run on 9/13 and our [Invitational](#) on 9/23 (Scroll down to the 10:30-1:30 slots to help with the middle school races. The earlier slots are for the high school races). Thank you!

**Remind 101:** This will be our main source of communication throughout the season. Class code: **@b8e2e2h**

Please sign up again even if you did so last year.

- Open a new text
- Send the text to **81010**; Type **@b8e2e2h**
- Hit Send