

August 10, 2015

Dear Cross Country Athlete and Parents,

Welcome to the 2015 GMS Cross Country season! We are excited to introduce our new athletes to competitive distance running. We also look forward to working with returning eighth grade runners and seeing the improvements they will make from last season.

All athletes must have an athletic physical on file to practice and compete. Any athlete without a physical should get a form in the office and immediately schedule a physical appointment with their doctor or an express clinic (The Middle School nurse can provide you with clinic names if necessary). New for this year, all athletes need to have an authorization to treat form turned in to the school before they can practice also. Those can be picked up in the front office.

Practices will be held after school on any day that school is in session. On Tuesday (Aug. 11<sup>th</sup>) practice will begin at 3:30 and end at 5:00. On Wednesday (Aug. 12<sup>th</sup>), Thursday (Aug. 13<sup>th</sup>), and Friday (Aug. 14<sup>th</sup>) practices will begin at 2:30 and end at 4:00. Thereafter, practices will begin after our 3:10 pm dismissal (Approximately 3:20) and go until 5:00 pm each day. All practices are mandatory unless excused by a coach. We ask athlete's rides pick them up after practice promptly each day.

On Thursday (August 20<sup>th</sup>) all cross country athletes, parents and family members are invited to Geneseo's Annual Rust Buster at Richmond Hill. Middle school athletes are asked to arrive by 5:15 pm for stretching and warm-up activities. Our athletes will be inserted into the race for an approximate one-mile run. High school athletes will run the established Richmond Hill course in the staggered start race, which starts at 6:00 pm. A representative from a running shoe company (Running Wild) will be present to provide info and a discount on running shoes. Any participant is asked to bring 2 or 3 canned goods

for our local food shelter and a used t-shirt to toss into the t-shirt pool (all runners will choose a t-shirt from the pool at the end of the race). All boy athletes are asked to bring a six-pack of water or sports drink and all girl athletes are asked to bring a plate of 12 snacks (ex. cookies, brownies). All middle school athletes are strongly encouraged to attend this kick-off event (there is no practice scheduled for Thursday, 8/20). We will have a short parent meeting after the race. All parents are encouraged to attend also, whether as a fan or a volunteer. Race events and activities should end around 7:30pm.

The Middle School Cross Country Schedule is attached. All athletes will ride the bus to and from our meets. If a parent wishes their child to ride home with them from a meet they must write a permission note and send it to the school office on the day of the meet (Fri. for Sat. meets). This can be done at the control table in the gym hallway before the school day begins.

We hope this season will provide an opportunity for all our athletes to compete and improve their running abilities. We will ask everyone to work hard on a daily basis and we expect everyone to fulfill classroom requirements. Athletes must maintain their eligibility on a weekly basis to be eligible to compete (see Student Handbook for eligibility requirements). Parents may contact Mr. Ehlert at 945-0599 or at [tehlert@dist228.org](mailto:tehlert@dist228.org) with your Cross Country questions and concerns. Also, check out our webpage for information <http://gcsdblogs.org/ehlert/>.

Sincerely,

Todd Ehlert, Coach  
Lauren Schmidt, Coach  
Erin Gillespie, Coach