

Cross Country Preseason Information 2020 Springville Junior High School

Parents of Athletes,

We are excited for your interest in having your athletes join our cross country team! While we don't have all of the official dates and information yet (the district should give us more information soon), this paper will hopefully answer some questions and help you to prepare early. We will not have our usual preseason meeting, so please email Coach Hammon (matt.hammon@nebo.edu) if you have any questions. ***Much of this information is based on previous years, so there may be changes due to COVID-19 that we will adapt to when necessary.***

Important Dates:

August 24 First day of practice

August 24 **ALL PAPERWORK DUE** on registermyathlete.com and to Coach Hammon or Coach Wight

(These are tentative meet dates; the locations will be sent out as soon as they are finalized)

September 4	Pre-District Meet
September 11	Meet
September 18	Meet
September 25	Meet
October 2	Meet
October 9	District Final Meet

COVID-19:

Athletes will bring masks to practices and meets. When running, they won't need to wear masks, but should distance themselves from the other runners. Family and friends must wear masks at meets. Athletes will need to bring their own water bottles.

Practices:

~ Practice will be held Monday-Thursday from 3:10-4:10 behind the school. (All meets will be on Fridays.) Athletes are welcome to go home after school and then come back. Otherwise, they will be in a designated place in the school where they can work on homework and then will be allowed to go change in the locker rooms at 3:00.

~ Athletes are expected to attend practice everyday in order to compete at the meets. Attendance will be taken at practice. Communicate special circumstances or conflicts with your coach.

~ Athletes who are late to practice, who aren't working out or stretching with everyone, who are causing problems (including during the hour before practice), or who are messing around during instruction may not be allowed to come to meets. Any form of bullying is absolutely not allowed. If you see or hear anything that could be bullying, please let a coach know.

~ Athletes should bring **water** everyday and come prepared for all weather. Students also need good shoes to wear for running each day. We rarely will cancel practice. If there is bad weather, we will have practice indoors. If practice is cancelled, we will make an announcement and will email parents. We also suggest students bring sunscreen to practices and meets.

Meets:

All races are on Fridays and they start at **3:30pm**, with girls racing first and boys racing second (around 3:45). Students need to arrive at the meet by 3pm. We will take a bus to each meet (leaving from the junior high school) after school. A bus will be available after the meet to bring students back to the school.

Eligibility:

In order to be able to compete, students must maintain good grades and citizenship in all classes. Students cannot have any Fs. Students also cannot have any "U" grades for citizenship. Grades will be checked before every meet to determine eligibility.

Coaches:

Matt Hammon matt.hammon@nebo.edu
Megan Wight megan.wight@nebo.edu

Please feel free to contact us via email if you have any questions or concerns.

Physicals and other Required Documents:

*****To be registered for the team, you need to do four things***:**

1. Register on registermyathlete.com
2. Get a physical checkup and have the physical forms filled out (found on registermyathlete.com)
3. Fill out the google form at this link: **<https://tinyurl.com/sjhsxc2020>**
4. Pay the \$25.00 participation fee to the finance office and bring a receipt to Coach Hatch

Every student needs a current physical form from the district signed by a physician. To get this done and to find the other required documents, follow these steps:

- Go to registermyathlete.com.
- Select Utah as the state. Scroll down and find Springville Junior High with the picture of a knight. Make sure you *don't* accidentally click on the link to Springville High School instead.
- Create an account or login as a parent/guardian.
- Sign up your athlete with the cross country team and fill in the information it asks for. Here you will also find certain required documents.
- To complete the physical, print of the form provided on registermyathlete (there should be 4 total pages). These need to be filled out completely by the parent/guardian, the athlete, and the physician. Once this is done, upload the physical on registermyathlete by either scanning it or taking a picture of it on your phone. The website may only let you upload one file, so make sure you put all 4 pages into one image before uploading. If it is not the physical form from this website, you will be asked to get it redone with the official forms.
- If this is all done correctly, you will get a confirmation within the week that your athlete is registered. If something isn't filled out correctly or uploaded correctly, you will get a message within the week that says what needs to be fixed. This all needs to be done right in order to participate.