

CROSS COUNTRY

Chippewa Parents/Guardians,

Please see the details below regarding our cross country team. We encourage all students to participate in extracurricular activities and hope to see your student-athlete on the course!

COACHES

- Lisa Swihart lisa.swihart@okemosk12.net
- Tracy Behan tracy.behan@okemosk12.net

COMMUNICATION

Google Classroom (for athletes)

All students that are planning to run cross country this season should join the XC (cross country) group in google classroom using their school gmail accounts and the join code: **atrbrhy**

Join link: [cross country google classroom](#)

Remind (text or email communications for families)

Coaches use 'Remind' to communicate all important info to parents & guardians. Here are instructions for signing up to receive texts:

1. Send a text to **81010**
2. In the message field type **@teamxc24**

PHYSICAL FORMS

A current sports physical (given after April 15th, 2024) must be on file before your athlete can practice. If needed, we suggest going to Urgent Care/Redi-Care, or you can schedule with your primary doctor before the season starts. Physical forms can be dropped off in the guidance office during "kick start" (August 15) or when students return to school on August 21. This [MHSAA Physical Form II](#) must be completed in its entirety.

PRACTICES

First Practice ~ Monday, August 26, at the Chippewa track from 3:10 - 4:30

Athletes should bring a filled water bottle and wear comfortable running shoes. We will meet outside the gym (track side near tables) for attendance and announcements. School items can be left in lockers and picked up after practice.

Season practice schedule: Monday - Thursday 3:10 - 4:30 *No Friday practices*

It is expected that athletes attend all practices. Please communicate with coaches via email or 'Remind' if your athlete will be absent from practice or a meet.

PARENT/GUARDIAN MEETING - Monday, August 26 @ 4:30

Immediately following our first practice, coaches will hold a short meeting to share information and expectations for the upcoming season. They will also be available to answer any questions. Meet at the picnic tables right outside Chippewa's main office (if it's raining, we will move inside).

UNIFORMS & SPIRIT WEAR

The team uniform for meets consists of black shorts or leggings (provided by you) and a team shirt provided by the school (it will need to be returned at season's end). Runners will also need comfortable running shoes.

Stay tuned for information about ordering spirit wear.

MEET SCHEDULE (subject to change)

Unless noted otherwise, meets begin at 5:00 with boys running first, girls will start at approximately 5:30 (distance for middle school cross country is 2 miles).

Date	Day	Location	Other schools competing
9/5	Thursday	Fowlerville	St. Johns ~ Williamston
9/9	Monday	Olivet	Eaton Rapids ~ Fowlerville ~ Ionia
9/13	Friday B @ 5:00, G @ 5:20	MSU - Forest Akers East 2 mile course	*several area teams + the OHS cross country team
9/16	Monday	Haslett	Portland ~ Mason ~ Olivet
9/24	Tuesday	Kinawa (our home course)	Kinawa Running Club
9/30	Monday	East Lansing	Lakewood ~ Charlotte
10/7	Monday	St. Francis Retreat Center (Dewitt)	Cougar Clash *several area teams
10/9	Wednesday	Fitzgerald Park (Grand Ledge)	Grand Ledge MS Invite *several area teams
10/14	Monday	Dewitt	Greater Lansing Jr. Cross Country Championship

PARTICIPATION FEE

The one-time participation fee for sports is \$130. This fee will cover a student-athlete who is interested in playing multiple sports. The multiple-athlete family max is \$370.

[Click here for more info and the payment link.](#)

Thank you,

Andre' Ridley, Assistant Principal/Athletic Director
andre.ridley@okemosk12.net

