

NOTE PRACTICE LOCATION!



Team Information Meeting

Coach *Lars Draeger* – Cityside Middle School Teacher, Varsity Track Coach, Middle School Cross Country Coach.
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History

This is the second year Zeeland Schools is supporting a combined boys and girls 6th, 7th & 8th grade Middle School Cross Country Team. Cross Country is a non-cut sport consisting of participants who *commit* to daily running, demonstrating their best effort, and a strong work ethic. ***Athletes must be able to run two miles without stopping.***

Distance

Middle school cross country distance is **two** miles of off-road running. During practice, athletes run and train together. In actual meets, boys run first and girls run a half hour later. Unlike the multiple events and distances in track, cross country consists of a single boy's race and a single girl's race where everyone runs at once. Place awards are usually given to the top 10-20 finishers in each gender.

Schedule

Practices occur daily at Zeeland Stadium. *Meet outside the SW concession stand entrance. Practice begins Tuesday August 22, 2017, and runs 8:00-9:15 A.M. until school starts. NOTE: This is two weeks BEFORE school starts.*

********* ***Once the school year begins,*** practice will be held at Stadium and will begin 20 min after dismissal until 4:15 pm. (Student ride a bus to the HS and walk under Riley St. to the Stadium) Practices will consist of announcements, dynamic stretching, running workouts of varying degrees and distances, static stretching, and dismissal. Athletes are encouraged to bring a water bottle daily.

Philosophy

My goal for each athlete is to run their own best time throughout the season. It is expected that runners will give their best effort, work hard, and celebrate personal and teammate accomplishments

regardless of where they place in a race. Gains will be made by each athlete. There will be aches and pains; it is expected. There will also be personal victory as a result. "You get what you give."

Meets

We currently have ten meets scheduled. The dates and locations of these are listed on our team Calendar. All the meets except for one are away, some with a few other schools and some with many schools at invitationals. At the practice prior to each meet, information will be given as to departure times, arrival times, and any special needs for that meet. Maps to each meet can be obtained from Lori Maat, the athletic secretary at Cityside.

Most *Saturday* meets begin in the vicinity of 9:00 A.M. and after-school meets around 4:00 P.M. Athletes will ride to each meet on the team bus but may go home with parents if a signed note is given to coach Draeger. Girls run first (odd year), boys second.

Apparel

Cross Country runners will compete using a school issued jersey that will be returned at the end of the season. It is mandatory that the jersey be worn in meets. Practice attire is at the athlete's choosing though athletic wear is a must (no school clothes, jeans, etc.). We will be ordering team t-shirts and sweatshirts for a reasonable cost our first week.

Shoes

Runners may wear any comfortable *running shoe* they wish. Students who wish to wear spikes may do so though they are certainly not mandatory.

ALL ATHLETES SHOULD PLAN TO BE PICKED UP FROM PRACTICE AT 4:15 P.M. DAILY from the Stadium

August 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |
| | | | | | | |

*Practices will occur daily at *Zeeland Stadium*.

*During the school year, athletes will bus from Cityside to the high schools and walk to the stadium.

*Practice will be done by 4:15 P.M. and students should arrange to be picked up in front of the South West concession stand

*Busing info and meet specifics will be handed out/ Email on a *Last Minute Details* sheet at the practice one day before a meet

*Seven practices occur the week before school starts: (August 22-Sept. 4) at varying times (See schedule)

September 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------|--|--|-------------------------------------|-----------------------------------|-------------------------------------|
| | | | | | | 1 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Practice @ Stadium 3:00 - 4:15 | Practice @ Stadium 3:00 - 4:15 | Rockford Invite @ Rockford | Mona Shores Invite @ Mona Shores | NO PRACTICE | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | Practice @ Stadium 3:00 - 4:15 | Practice @ Stadium 3:00 - 4:15 | NR, Puffer, Holland @ Holland | Practice @ Stadium 3:00 - 4:15 | Practice @ Stadium 3:00 - 4:15 | West Ottawa Invite @ West Ottawa |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | Practice @ Stadium 3:00 - 4:15 | Practice @ Stadium 3:00 - 4:15 | GRV, GH, Hudsonville @ Hudsonville | Practice @ Stadium 3:00 - 4:15 | Grandville Invite | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | Practice @ Stadium 3:00 - 4:15 | Rockford, Holland, Jenison, @ Zeeland | Practice @ Stadium 3:00 - 4:15 | Color Run Northview Campus | Practice @ Stadium 3:00 - 4:15 | |

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October 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------------|---------------------------------------|-------------------------------------|---|------------------|----------|
| 1 | 2 Practice 3:00 – 4:15 Stadium | 3 Practice 3:00 – 4:15 Stadium | 4 ER, RP, WO, HAM, @ Hamilton | 5 Practice 3:00 – 4:15 Stadium | 6 No Practice | 7 |
| 8 | 9 Practice 3:00 – 4:15 Stadium | 10 Practice 3:00 – 4:15 Stadium | 11 Holland Christian Invite | 12 Pizza Party after School in RM 10 \$3 Per person 3:45 pickup | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

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