

# CROSS COUNTRY

## Cityside Cross Country Information

**Basic Information:** Cross Country is an individual and team sport in which competitors train in order to compete in a 2-mile race over terrain consisting of trails, grass, and sometimes pavement. It is an individual sport because all members are competing in the same race with emphasis on personal improvement, and faster race times. It is team sport because the five fastest team- members score for their team with points awarded for the place they take in the race. The best score is a 15 where runners place 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>. These places add to a total of 15 points. Lowest score wins!

**Participants:** Girls and boys grades 6<sup>th</sup> through 8<sup>th</sup> are eligible to participate. Girls and Boys compete separately. Participants must complete registration through final forms. <http://cityside.zps.org/athletic-information/>

**Practice:** Practice will be held at the Zeeland Stadium. The first practice of the season is **Monday Aug 20 at 8:00 am** and finishing at 9:00 am. There will be a brief parent meeting during that practice. Practice will continue at the Zeeland Stadium in the morning from 8:00 am to 9:00 am for the following dates: Aug 20, 21, 22, 23, 24, 27, 28. (Note: we will not meet on the weekend, nor on the Wednesday, Thursday, or Friday leading into Labor Day Weekend, athletes are encouraged to run on their own for those dates). Once school has begun practice will be held at the Zeeland stadium from 3:00 to 4:15. Students will take the bus to the high school, walk to the stadium, and then practice will begin as promptly as possible. Pick up will occur at the stadium at 4:15pm.

**Meets and Invitations:** Meets and Invitationals are competitions between schools. Meets tend to be fewer schools (4-6) and invitationals tend to be more schools, (10-15). Meets and Invitationals occur one to two times a week with some on Saturday Mornings. The schedule for the 2018 season is available online, but is subject to change due to unforeseen events. <http://cityside.zps.org/files/2018/06/EARLY-FALL-SPORTS-SEASON-SCHEDULE-6-8-18-9-15.pdf>

**Equipment:** When it comes to what you need, there is no simpler sport. A good pair of running shoes and comfortable athletic clothing is all you need to run cross country. Cross Country spikes are optional, although they do give a runner an advantage because of their light weight and aggressive tread. A water bottle is needed because hydration is essential to good running and water is not provided at all running locations. **A good attitude and willingness to work hard and have fun is an absolute requirement.**

**Summer Running and Training:** Getting a good start to the season starts with summer running. Those considering Cross Country should run at least 3 times a week during the summer with mileage ranging from 5-10 mile per week. Athletes will be best prepared for the season if they can comfortably run 2 miles without stopping.

### **Contact Information:**

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