**MONTGOMERY MIDDLE SCHOOL**

# CROSS COUNTRY TEAM

Coaches: Rob Scarpa & Claire Scarpa

Please contact coach Claire Scarpa at cscarpa@mtsd.us if you have any questions regarding cross country or need to get in touch with us for any reason.

Attendance

**![MC900440066[1]]()**We have a 60% attendance policy. This means you must attend a minimum of 3 practices per week in order to run in meets. The more you run, the more improvement you will see in your times, so we encourage you to come to practice as often as possible.

Season is September 8th through October 30th

Practices are Monday—Friday, from 3:00 to 4:45 pm

Please note—**7th and 8th GRADERS MUST HAVE A COMPLETED PHYSICAL TURNED INTO THE NURSE BEFORE THE SEASON STARTS! (5th and 6th graders must register through the recreation department)**

7th and 8th graders—Go to the nurse to pick up the other necessary paper work needed to participate before the end of the school year and schedule your doctor’s appointment for your physical now. It can take over a month to get a physical appointment.

The distance for middle school cross country meets is 2 miles. Don’t worry if you can’t run that far yet—each time you come to practice you will be one step closer to getting there. We have people who run on a variety of levels. Beginners run to their capabilities as they adjust to the new sport and people who have more experience run further distances at practice. No matter what your fitness level is, it will be better by the end of the season; as we increase distance, your endurance will improve.

In the event of inclement weather, if practice is cancelled, you will receive an e-mail from Coach Scarpa. Please do not call the main offices of the middle schools. An announcement will be posted outside the main office as well as over the loudspeaker so that athletes will know whether we have practice or not.

\*\*Please send Coach Scarpa an e-mail with the subject “xc distribution list” to be included on the team distribution list and receive any e-mails pertaining to the team. cscarpa@mtsd.us \*\*

After school, 7th/8th graders will change the PE locker room and we will meet outside the gym on the field between the school and the track at 3:00; 5th/6th graders will change in the bathrooms and meet in the B Pod (red pod) by 3:00. We will walk up to the track together. You are not permitted to walk to the track by yourself from the LMS. LMS pickup is in the LMS parking lot closest to the track; UMS pickup is in front of the UMS, near the solar panels.

You will need shorts, a t-shirt, running sneakers and a water bottle for practice.

Montgomery HS Athletic Deprartment Link: <http://www.mtsd.k12.nj.us/site/Default.aspx?PageID=5>

 XC/Mrs. Scarpa’s Webpage: <http://www.mtsd.k12.nj.us/Domain/258>