

17 July 2018

Dear Cross Country Parents,

Welcome to the 2018 Boltz Middle School cross country season! We hope you and your athlete are excited to begin this new season with us.

We are offering a pre-season camp Aug 15-17 & 20-21 from 2:45-3:45pm. The season officially begins on August 22 and concludes on October 6th with our District races, though some may choose to go on to the State competition on Oct 20st in Denver. Practices will be after school, with the team meeting on the Boltz front lawn at 2:45pm and ending approximately 4:00pm in the same location. As the season progresses we will extend this time to 4:15pm each day and will keep your athletes informed as to when this change will take place. Please note that on the day before meets we typically end early, around 3:45pm, so plan to retrieve your athlete accordingly.

Athletes must have a current physical (within the past 12 months) on file and pay a \$105 fee in order to participate. The money goes towards registration for meets, uniforms, and other expenses. Free/reduced lunch recipients can have this fee waved. . Each athlete also needs to have emergency contact information on file in the office. Students can now register online at <https://www.psdathletics.org/msreg>. This is new this year, hopefully it goes smoothly. If you have any questions about any of the above, please contact the Boltz office, or Shane Walker directly.

Everyone who comes out for cross country will be given the opportunity to compete in meets. In order to compete, students must be at all practices unless otherwise excused by a coach, and show competence in their ability to complete the required distances within a reasonable timeframe. Missing practice jeopardizes competing in the next meet. Students with two unexcused practices may no longer be on the team. Students must also remain eligible in order to compete. Eligibility checks are done every week. To remain eligible, a student must have no F's in any class and have no discipline referrals. The dates of the meets are printed at the end of this letter.

Please note that the dates and times are subject to change by the PSD Athletics office. We have no control over this and will do all we can to update you as soon as we are aware of changes. Prior to each meet students will be given instructions with more details regarding that specific meet. This information will also be emailed to parents for your convenience, so please be sure we as coaches have a good email address for you as parents. We will do our best to send out results of meets each week, in case you are unable to attend. Boys and girls compete separately in all of the meets. You may also want to subscribe to follow a particular sport at www.poudreschooldistrictathletics.org using the "notify me" tab (meets, scores, standings, etc.)

Please encourage your athletes to come prepared each day with a full water bottle, good running shoes (no sandals, flip flops, crocs, etc), appropriate weather attire (we run rain, snow, or shine, but will be inside if lightning is in the area), and a good attitude.

Ensuring they are well rested and eating a good diet will go a long way to improving their experience this season as well, so please encourage them to keep up these good habits.

Cross country is a sport that emphasizes sportsmanship, teamwork and a good work ethic. Students who participate are expected to meet these high ideals and become positive leaders and role models for others to follow. We will invite the kids to come with a positive attitude and to give us their best effort each day. We ultimately hope they will develop a love of running, a confidence in their own abilities, and an understanding of the strength that can be gained when working as a team that will be to their benefit for many years to come. The coaches value your support of these goals and invite you to discuss, encourage, and practice them with your athlete at home.

If you have any questions about cross country please feel to contact me via email or phone, or you can reach out to the other coaches and volunteers.

Thanks for your support,

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| 2018-2019 PSD Middle School Cross Country Schedule | | | | | |
|---|-------------|--------------|---|----------------------|--------------------|
| | Boys | Girls | | | |
| Date | Time | Time | Home/Host | Opponents | Location |
| 9/6 | 3:00pm | 3:20pm | 3rd Annual Lincoln Invitational | | Lincoln MS |
| 9/14 | 3:00pm | 3:20pm | John Martin Invitational | | Fort Collins HS |
| 9/22 | 9:00am | 9:30am | Rattlesnake Rumble Invitational | | Spring Canyon Park |
| 9/28 | 4:00pm | 4:20pm | City of Fort Collins Invitational | | Fossil Creek Park |
| 10/3 | 3:50pm | 3:30pm | RCS Quad | Leshner, RCS, Webber | TBA |
| 10/6 | 9:30am | 10:15am | PSD Middle School District Championship | | Fort Collins HS |
| OPTIONAL | | | | | |
| 10/22 | TBA | TBA | Colorado MS State XC Championship | | Denver |