

## Frontier Trail Middle School



Coach Gary Blasi; [gblasift@olatheschools.org](mailto:gblasift@olatheschools.org) and Coach Kari Hitchcock; [klhitchcock@olatheschools.org](mailto:klhitchcock@olatheschools.org)

Welcome to the Cross Country Team! We want this to be a great season for you and your athlete. **Please read the information with your child so that we can have a great healthy season!**

### Important Dates for 2024:

**August 19:** Practice begins 3:30 and ends at 4:30 in auxiliary gym, **Monday- Friday the FIRST TWO WEEKS**, Monday-Thursday for the remainder of the season. **(All forms are due BEFORE you practice and must be submitted online.)** All athletes **MUST** be picked up at the Pool/Activities Entrance unless biker or walker.

**August 20:** Parent Meeting at 4:30 PM in auditorium

**August 28:** Chipotle Fundraiser from 4:00-8:00 (135<sup>th</sup> and Blackbob)

**September 6:** Cross Country Meet @ Oregon Trail; 3:45 PM-FT, IT, PRT & OT

**September 10:** Cross Country Meet @ Frontier Trail; 3:45 PM-FT, OT, & ST

**September 14:** Twilight Run @ ODAC (**optional 3K race**) 6, 7 & 8<sup>th</sup> grade; 5:00 PM (159<sup>th</sup> and Lone Elm)

**September 17:** Team Pictures-bring jersey top. (Practice will end at normal time)

**September 18:** Cross Country Meet @ Blue Valley SW High School- **7 & 8 grade only** @ 4:00 PM (1- & 2-mile races)

**September 24:** Cross Country Meet at Mission Trail; 3:345PM- FT, MT, SFT & PT

**September 30:** Cross Country City Meet- **ALL RUNNERS PARTICIPATE** at ODAC; 4:00 PM (159<sup>th</sup> and Lone Elm)

### Academic Policy:

All students will be expected to be at practice and maintain D's or above in all classes. If a runner experiences a time conflict, they are responsible for making their coach aware.

### What are the requirements?

- The season starts August 19 and will continue for six weeks.
- We will practice Mon.-Fri. for the FIRST TWO weeks from **3:30-4:30 (NO FRIDAY PRACTICES for the remainder of the season, after the first 2 weeks)**
- All runners will need a physical on file (submitted online- See Cathy Hovey's email) before practices begin.
- Experience is not required!

### Philosophy:

Cross Country is a team sport that fosters a positive environment for all athletes. We support, encourage, and cheer on our teammates and athletes from other schools. At Frontier Trail, we encourage a healthy lifestyle that focuses on the success of the student and athlete.

**Fundraiser:** **CHIPOTLE NIGHT** supporting FT Cross Country Team is on 08/28/2024 from 4:00pm - 8:00pm at 135<sup>th</sup> and Black Bob. Here is the link for online ordering information: click [here](#)

### **Attendance:**

Cross Country is an Intramural Sport for 6<sup>th</sup> and then 7<sup>th</sup> and 8<sup>th</sup> graders follow the KSSHA rules, at the Middle School level in Olathe. The focus is on participation and improving physical fitness as well as general health. Practices are Monday through Thursday (we will practice the first 2 Friday's), 3:30-4:30 p.m. All our athletes are expected to be at practice every day and should plan to compete at all of the meets on the schedule. Of course, there will be circumstances that will arise in which athletes or parents should email one of the coaches as they come up. Some examples of excused absences would be illness, an appointment, theater practice, or practice for another sport. Coaches must know of an excused absence prior to practice. After three unexcused absences, the athlete will be dismissed from the team. Please make sure that you have transportation arranged for your athlete to be picked up every day from practice **at 4:30 at the pool/activities entrance.**

### **Discipline:**

If an athlete receives a detention during season, the athlete will notify a coach and serve the detention during practice. If the athlete receives an office referral or more than one detention during season, then the athlete's participation in the upcoming meet will be discussed. *\*\*Headphones will not be allowed at practice.*

### **What should I have for practice?**

- Comfortable running shoes, Shorts/sweats, t-shirt, and water bottle

**Spirit Wear:** [Here](#) is the link for spirit wear. ***The online store will close on Friday, Aug. 23<sup>rd</sup>.***

### **Food and Hydration:**

Athletes need to make sure that they are eating healthy, well-balanced meals. Make sure that your student has a light breakfast the morning of Saturday meets.

Hydration is a major issue for everyone, but runners have to pay extra attention to drinking enough water. Students should drink water throughout the day to prepare them for practice and then be sure to replace the fluids lost at practice. On race day athletes should drink only water before races. Sports drinks can cause cramps if consumed before the race because of their high sugar and sodium levels.

### **Communication:**

**The XC coaches will be using Google Classroom to communicate with athletes and Twitter to communicate with Parents.** The Twitter handle is: [Frontier Trail X-Country@trail\\_country](#). Please consider following us on Twitter, so you can stay up-to-date on what is going on in the XC world. The Google Classroom code for athletes is **Ordqfee**.

### **Injuries and Prevention:**

In distance running sometimes athletes come down with injuries. Most running injuries happen when training habits outpace the body's capability to produce new muscle cells. A well-planned training program allows your muscles to go through natural, sequential stages of growth. By using correct running techniques, you will prevent injuries and dramatically improve your athletic performance. Please let the coaches know if your student complains of any leg/knee pain. Listen to your coaches and follow the practice plan. If the athlete uses an inhaler, it is their responsibility to carry it with them while running. Athletes who need an inhaler and fail to bring it to practice will not be allowed to practice; a parent will need to pick them up.

### **Meets:**

At middle school XC meets, the 8<sup>th</sup> graders will run 2 miles and the 6<sup>th</sup> and 7<sup>th</sup> graders will run 1 mile. 6<sup>th</sup> grade girls run first, then 6<sup>th</sup> grade boys. Next the 7<sup>th</sup> grade girls run, followed by the 7<sup>th</sup> grade boys. The 8<sup>th</sup> grade girls and boys run combined, last. The athletes need to wear the uniform top that is checked out to them for each meet. Transportation to Twilight meet will be parents' responsibility. Meets are typically one-hour long. In case of inclement weather, please watch the Frontier Trail website and Twitter page for cancellation news.