

East Hamilton Middle School Cross Country
Coach: Janis Kelman KELMAN_JANIS@HCDE.ORG 423-838-4628 (cell)

Welcome to Cross Country! I am excited to see returning runners and to welcome new team members. Everyone is welcome, no experience is required!

General Info:

- Fee is \$30
- Athletes must have physical dated after April 15, 2022.
- Must make a Dragonfly account and fill out all required forms.
- Athletes will need to order a uniform (singlet only) if they do not already have one from a previous cross-country or track season. Link is on website.
- Practices will be held Monday - Thursday and most Fridays, 2:30-3:45. We will begin practice at the soccer field.

Student Responsibilities

- Come to practice ready to run! Have workout clothes and running shoes with you every day.
- Bring a water bottle- it will be hot!
- Try your best in every practice! If you are new to running, it may seem difficult at first, but you will quickly improve if you consistently work hard. If you are an experienced runner, the only way to continue to improve is to keep challenging yourself.
- Try your best to attend all practices. If you need to miss a practice you must let me know!
Either tell me the day before OR email/call/text OR send a Remind message
- Exhibit exemplary behavior at meets! Display good sportsmanship to other athletes, fans and officials, support your teammates and be focused on the competition.

Parent Responsibilities

- Practice ends at 3:45. Please pick up your children at the soccer field.
- Students will need a ride to and from meets.
- I will be sending out messages using Remind. Please sign up so you are aware of changes in the practice schedule, etc. Instructions are available on website.