**WREDLING MIDDLE SCHOOL**
**2023 Cross Country Expectations**

The following is a list of expectations for each member of the cross country team.

1. Transportation will be provided to and from every meet. At the conclusion of away meets students may ride home with their parents provided they've emailed the coaches prior. Athletes must still check out with an attendance coach if riding home with a parent. Parents are expected to be at the school by the time the bus gets back from an away meet. A remind text will be sent when leaving away meets with an approximate return time. We appreciate your promptness. Athletes may be picked up in front of the building after home and away meets.

.

2. You are expected to always be on time unless you get prior approval from a coach. Always communicate any problems with your grade level coach.

3. Practices go Monday-Friday from 3:45 to 5:30 unless otherwise stated. A practice calendar will be handed out to your athlete during the first week of the season. All rides are expected to be here at 5:30! If this is a problem, please find a carpool or make other accommodations.

4. You are expected to be at all practices and all meets. Please make sure you check in with your grade level coach when you arrive to practice.

5. If you cannot make a practice or meet, please communicate with your grade level coaches that you will not be present. Email is the best way for parents to contact the coaches.

6. If you get injured, please contact the coaches about the injury. We ask that all injured runners still come to meets to help out, but not to practice. We do not want injured runners at practice until they are healthy enough to run.

7. Please make sure you have water for practice and meets. It is also important to stretch and ice after all practice and meets.

8. Please make sure that all inhalers are full and up to date in expiration. Please make sure coaches are aware of any severe allergies that require EpiPens and that you have them with you at all times.

We look forward to a great season! We are happy to be involved with a great group of young student-athletes and look forward to having a positive impact on their running experience!


| | | |
|---|---|---|
| Coach Nold: | 6th Grade Attendance: | Scott.Nold@d303.org |
| Coach Duensing: | 7th Grade Attendance: | Joanna.Duensing@d303.org |
| Coach Foulkes: | 8th Grade Attendance: | Mark.Foulkes@d303.org |