



CME Cross Country

❖ *All tryouts will be held on Thursday, September 17th @ Copper Mill Elementary from 3:10-4:15.*

➤ Tryout Information

○ **Permission forms must be turned into Ms. Brumfield (Room C-26) or Ms. Bautista (5th grade hallway) by Wednesday, September 16th. We will not accept any permission forms on tryout day.**

- There will be no make-up tryout date. Please contact a Coach if there are conflicts.
- Students are expected to run 1.5 miles for tryouts. We will have a designated course for tryouts.
- Parents are encouraged to stay. Once students have completed the course, students will be allowed to check-out to leave. We are expecting each group of runners to finish within 25-30 minutes from their start time.
- Students should come to tryouts in school appropriate athletic shorts, athletic shirts, running shoes, and socks.
- Students are encouraged to bring a water bottle.
- Parents please park in the school parking lot. The pond area will be used as part of our running course. Students will meet in the cafeteria after school.

➤ How far do we run for meets and practices?

- 2 miles on race day and varying distances at practice.

➤ Where are practices held?

- Practices will be held at Copper Mill Elementary. Practices are held from 3:10-4:00 p.m. on Tuesdays and Thursdays. Pickup time is promptly at 4:05 p.m. through the carpool area.
- Our first practice is Tuesday, September 22nd.
- All practices are mandatory. This is how students prepare for their meets. Students will not be able to participate in the next meet if he/she has missed two or more unexcused practices.

➤ Where are the meets?

- Meets will be at various locations in Baton Rouge and surrounding areas, typically on Saturday mornings. More information about the scheduled meets will be sent home on Thursday prior to each meet. The meets are listed on the back of this page.

- **What expectations do we have of the team?**
 - Team members are expected to have a **physical completed by a doctor by September 22nd (the day of the first practice). Students who make the team will be notified by Friday (Our goal is to contact parents on new team members Thursday night via email to allow time to get physicals scheduled).**
 - Team members are expected to follow all school rules for student athletes.
 - Team members who do not show up to a meet without notifying Ms. Brumfield or Ms. Bautista will no longer be able to participate.
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- **What are the costs associated with being on the Cross Country team?**
 - Each team member will have a \$70.00 fee to cover uniform shirt, uniform shorts, long sleeve warm up shirt, practice shirt, matching bag, and meet fees. Fees will be due the following week of tryouts (\$5) while the uniforms will be ordered online next week (approx. \$65). More information will follow in a welcome letter to new team members.
- **Will student athletes be required to fundraise?**
 - Students will participate in a fundraiser to raise funds for end of year athletic banquet and trophies. More info TBD.

Tentative Cross Country Schedule

Date	Meet	Place
October 3 rd	Brusly Cinclair Run on the Levee	Brusly, LA - TBA
October 24 th	ZHS Bronco XC Stampede	Port Hudson

**Considering adding 1-2 more meet if available.

If you have any questions about tryouts please contact Ms. Brumfield or Ms. Bautista

Briana.Brumfield@zacharyschools.org

Rebecca.Bautista@zacharyschools.org

Permission form for Cross Country Tryouts
Copper Mill Elementary

Student Name: _____ Grade: _____

Parent/Guardian Information:

Name: _____

Cell #: _____

Relationship to Student: _____

E-mail: _____

**Please list a contact email as parents will be notified with new team information on Thursday night. Students will also receive welcome letters on Friday.*

I, _____ give permission for my child,
_____ to participate in Cross Country tryouts at
Copper Mill Elementary on Thursday, September 17th.

My child may be released to the following person on Thursday, September 17th:

____ My child has a health condition. Please explain:

____ My child has no known health conditions.

