

Cross~Country



Information Packet

ROSA CROSS COUNTRY
(Expectations and Overview)

Thank you for your interest in the Rosa Cross Country Team for the fall season. *Please read this contract with your parents and sign in the appropriate location and return to Mr. Feeley.*

***PLEASE KEEP THIS "OVERVIEW" AND THE "CALENDAR" AND RETURN THE "CONTRACT SIGNATURE" PAGE TO MR. FEELEY.**

- The X-C team is run under a "NO CUT" policy. However, athletes who are unable to or fail to meet the requirements outlined below are strongly encouraged to reconsider their decision to participate in the Cross Country Program. **The LAST DAY TO BEGIN CROSS COUNTRY IS 9/18/15.**
- **CONDUCT:** Students will conduct themselves appropriately (according to Rosa and District standards/guidelines) at all times including practices, races, bus rides, etc.
- **PRACTICE** is every day unless there is a race. *We have a lot of races in a very short time period thus, it will be extremely important that you make a concerted effort to attend all practices.*
 - a. **Practice** is from **3:15 – 4:20** Students are expected to meet at designated location ready to practice
 - b. Athletes **NEED** running shoes, running shorts/sweats, t-shirt, etc. for **ALL PRACTICES**
 - c. Water bottles are recommended for practice
 - d. There **ARE LATE BUSSES** for **ALL PRACTICES. (Late Busses leave at 4:30)** (Students **NEED TO KNOW** the development they live as well as their **STREET** and closest **CROSS STREET** for Late Bus)
- **RACES:** Athletes are expected to attend **ALL** Races and travel to and from away races on the bus with the team. ***NOTE*** Parents may choose to drive your son/daughter home from some or all of away races **HOWEVER**, it is **IMPORTANT** the athlete indicates to the coach if he or she is leaving as well as **SIGN-OUT, IN THE "SIGN-OUT BINDER"** located by Rosa's Medical Kit at ALL away races. **ALSO** if the athlete will be picked up from the race **REMEMBER to BRING ALL BELONGINGS from school to the race.**
 - a. Athletes **NEED** proper attire including running shoes, running shorts/sweats, and a **UNIFORM (T-Shirt which students purchase \$10)** for **ALL RACES**
 - i. **Snacks and Water are Recommended**
 - b. **There IS transportation TO and FROM the RACE ONLY.**
 - i. **NO LATE BUSSESS FOR RACES.** Athletes **MUST** arrange for a ride home **FROM ROSA** after **ALL RACES**
 - ii. **"Pick-up"** times listed on the attached schedule are the **"estimated"** arrival times back to Rosa from Away Races. (*Athletes are encouraged to call their parents on the bus ride home to give a more accurate arrival time*).
 - c. **DIRECTIONS** to **AWAY** races are available on the **Rosa Website's "Athletics Page"**.
 - d. **CHANGES/UPDATES** to the schedule or otherwise will be given to the team verbally. (*Race Cancellations will be posted on our School's Website*)
- **SATURDAY RACES:** There are 2 scheduled Saturday Races: Great Adventure and Cherry Hill Championships. Great Adventure is an "Optional Race" however, **Every Runner is expected to be at the Cherry Hill Championships, hosted at Rosa.**
- **PLEASE COMPLETE THE ONLINE REGISTRATION/SIGN-UP FORM;** Located on the "Athletics Page" of the Rosa website.

Dan Feeley, Coach
dfeeley@chclc.org

September

2016

Rosa Cross-Country Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 Practice 3:15 – 4:15 \$10 For Uniform Late Bus Available	13 Practice 3:15 – 4:15 \$10 For Uniform Late Bus Available	14 Practice 3:15 – 4:15 Hand out Great Adventure Forms	15 Practice 3:15 – 4:15 Handout Uniforms Late Bus Available	16 Practice 3:15 – 4:15 Handout Uniforms Late Bus Available	17
18	19 Practice 3:15 – 4:15 Handout Uniforms Late Bus Available	20 Practice 3:15 – 4:15 Last Day to turn in Great Adventure forms and \$35.29	21 Practice 3:15 – 4:15 Handout Uniforms Late Bus Available	22 Home Race at Rosa Pick up at 5:05 (Rosa)	23 Practice 3:15 – 4:15 Late Bus Available	24 Great Adventure Wild Safari Race (7th and 8th) Rosa Parking lot 8AM
25	26 Race at Olson Middle Pick up at 5:40 (Rosa)	27 Practice 3:15 – 4:15 Late Bus Available	28 Practice 3:15 – 4:15 Late Bus Available	29 Home Race at Rosa Pick up at 5:05 (Rosa)	30 Practice 3:15 – 4:15 Late Bus Available	

October

2016

Rosa Cross-Country Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 No School	4 No School	5 Practice 3:15 – 4:15 Late Bus Available	6 Race at Indian Mills Middle Pick up at 5:45 (Rosa)	7 Practice 3:15 – 4:15 Late Bus Available	8
9	10 Practice 3:15 – 4:15 Late Bus Available	11 No Practice Penny Packer Park Practice for (Selected Runners)	12 Practice 3:15 – 4:15 Late Bus Available	13 Practice 3:15 – 4:15 Late Bus Available	14 Home Race at Rosa Pick up at 5:05 (Rosa)	15
16	17 Race at Demasi Middle Pick up at 5:30 (Rosa)	18 Practice 3:15 – 4:15 Late Bus Available	19 Practice 3:15 – 4:15 Late Bus Available	20 Practice 3:15 – 4:15 Late Bus Available	21 Practice 3:15 – 4:15 Late Bus Available	22 Cherry Hill Champs Rosa at 8:30 A.M. (ALL RUNNERS PARTICIPATE)
23	24 League Champ Meet @ Harrington (ALL RUNNERS)	25 Practice For Meet of Champs Participants 3:15 – 4:15 Late Bus Available	26 Meet of Champs @ Cinnaminson HS (ONLY TOP 15 FROM League Champs Meet)	27	28	29 Cherry Hill Champs Rosa at 8:30 A.M. (RAIN DATE)
30	31					