

# 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 9/15/17.**
- **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 BUSES** 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"** or by doing a **"Google"** search.
  - 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: "Book It 5K" and Cherry Hill Championships. "Book It 5K" 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

# (Rosa X-C) September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 PRACTICE \$10 FOR T-SHIRT	12 PRACTICE \$10 FOR T-SHIRT	13 PRACTICE \$10 FOR T-SHIRT	14 PRACTICE \$10 FOR T-SHIRT	15 <b>TIME TRIAL HAND OUT UNIFORMS</b>	16
17	18 <b>HAND OUT UNIFORMS (New Runners - Soccer/Field Hockey Cuts)</b>	19 PRACTICE	20 <b>Race @ Home (Rosa) ALL Runners Pick up time: 5PM</b>	21 NO SCHOOL	22 NO SCHOOL	23 <b>"Book It Run" Cherry Hill Library 5K (Register online) NO Buses</b>
24	25 PRACTICE	26 PRACTICE	27 PRACTICE	28 <b>Race @ Northern Burlington (1 Bus) Pick up time: 5:45</b>	29 PRACTICE	30

## NOTE:

**Buses** - are provided to and from all races unless noted otherwise.

**Students** - NEED Transportation from Rosa to home after all Races at the time indicated on calendar.

**Uniforms** - are purchased in beginning of season for \$10 and will be handed out on 9/15 – YOU NEED TO BE AT PRACTICE TO GET A UNIFORM.

The Rosa XC Uniform HAS TO BE WORN TO compete in ALL RACES.

# (Rosa X-C) October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Race @ Home (Rosa) ALL Runners Pick up time: 5 PM</b>	3 PRACTICE	4 PRACTICE	5 (NO PRACTICE) <b>except PENNY PACKER SELECTED RUNNERS</b>	6 PRACTICE	7
8	9 PRACTICE	10 <b>RACE @ BECK Pick up time: 5:15</b>	11 PRACTICE	12 <b>RACE @ HOLBEIN (1 Bus) Pick up time: 5:45</b>	13 PRACTICE	14
5	16 <b>Race @ Home (Rosa) ALL Runners Pick up: 5 PM</b>	17 PRACTICE	18 PRACTICE	19 <b>RACE @ MULLEN (1 Bus) Pick up time: 5:45</b>	20 PRACTICE	21 <b>CHERRY HILL CHAMPS (ALL Runners) @ Rosa 8:30 AM</b>
22	23 <b>League Champs @ Beck – ALL Runners Pick up time: 5:15</b>	24 PRACTICE	25 <b>Meet of Champs @ TBD - Runners TBD (TOP 15 from League Race)</b>	26 PRACTICE	27 PRACTICE	28 <b>(Rain Date) CHERRY HILL CHAMPS @ Rosa 8:30 AM</b>
29	30	31				

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