

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.**

- **TEAM OVERVIEW:** This year the X-C team will be limited to 72 runners. However, one of the underlying philosophies of the Rosa Cross-Country program has been and continues to be: raising awareness of distance running by exposing as many athletes as possible to the program. With this in mind every student regardless of ability should "try out" for the team knowing that ***only one of the factors to narrowing down the runners to the will be based on ability.***
- **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:** There will be busses for ALL Away Meets. Athletes are expected to attend **ALL** Home and Away Races. ***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.**
- **CONDUCT:** Students will conduct themselves appropriately (according to Rosa and District standards/guidelines) at all times including practices, races, bus rides, etc.
- **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

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 NO SCHOOL	11 NO SCHOOL	12 PRACTICE Turn in \$10 for uniform	13 PRACTICE Turn in \$10 for uniform	14 PRACTICE Turn in \$10 for uniform	15
16	17 PRACTICE "HAND OUT UNIFORMS "	18 "TIME TRIALS"	19 NO SCHOOL Run on your own	20 PRACTICE	21 Race @ Home Pick up time: 5PM	22 "Book It Run" Cherry Hill Library 5K (Register online) NO Buses
23	24 Race @Southampton Pick up time: 5:50	25 PRACTICE	26 Race @ Delran Pick up time 5:45	27 PRACTICE	28 PRACTICE	29
30						

NOTE:

RACES - BUSSES are provided TO and FROM all races unless noted otherwise.

TRANSPORTATION HOME - 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 9/17 – YOU NEED TO BE AT PRACTICE TO GET A UNIFORM. *The Uniform HAS TO BE WORN TO compete in ALL RACES.

PRACTICES – are everyday (3:15 – 4:15) unless there is a race or no school. *There ARE LATE BUSSES for all practices.

(Rosa X-C) October

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 PRACTICE	2 Race @Beck Pick up time: 5:15	3 PRACTICE	4 RACE @ HOME (Rosa) ALL Runners Pick up time: 5PM	5 PRACTICE	6
7	8 NO SCHOOL Run on your own	9 Penny Packer Park (Select runners TBD)	10 PRACTICE	11 RACE @ Delran PICK UP: 5:45	12 PRACTICE	13
14	15 PRACTICE	16 RACE @ Mullen Pick UP Time: 5:50	17 PRACTICE	18 RACE @ HOME (Rosa) Pick UP time: 5PM	19 PRACTICE	20 CHERRY HILL CHAMPS (ALL Runners) @ Rosa 8:30 AM
21	22 League Champs @ Beck – ALL Runners Pick up: 5:15 PM	23 PRACTICE	24 Meet of Champs @ Palmyra Cove - (TOP 10 from League Race)	25 PRACTICE	26 PRACTICE	27 (Rain Date) CHERRY HILL CHAMPS @ Rosa 8:30 AM
28	29	30	31			

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