

# 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. **ALL Runners will compete in HOME Races but away races will be limited to (approximately) 52 because of bus space.** These select 52 runners will be our "competition team" for that race. **NOTE: This competition team can/will change as runners improve throughout the season.**
- **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 only 1 bus for ALL Away meets so runners will not be guaranteed a seat on the bus to every away meet. Athletes are expected to attend **ALL** Home Races and those that a bus seat has been provided for them. **\*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

# 2019

|    | Monday                                     | Tuesday                                    | Wednesday                                  | Thursday                                   | Friday                                     |    |
|----|--|--|--|--|--|----|
| 1  | 2  | 3  | 4<br><b>FALL SPORTS PARENT</b>             | 5  | 6  | 7  |
| 8  | 9<br>PRACTICE<br>Turn in \$10 for uniform  | 10<br>PRACTICE<br>Turn in \$10 for uniform | 11<br>PRACTICE<br>Turn in \$10 for uniform | 12<br>PRACTICE<br>Turn in \$10 for uniform | 13<br>PRACTICE<br>Turn in \$10 for uniform | 14 |
| 15 | 16<br>PRACTICE<br>Turn in \$10 for uniform | 17<br>PRACTICE<br>Turn in \$10 for uniform | 18<br>PRACTICE<br>Turn in \$10 for uniform | 19<br>"TIME TRIALS"                        | 20<br>PRACTICE<br>"HAND OUT UNIFORMS"      | 21 |
| 22 | 23<br>PRACTICE<br>"HAND OUT UNIFORMS"      | 24<br>PRACTICE                             | 25<br>PRACTICE                             | 26<br>Race @ Home<br>Pick up time 5:00     | 27<br>PRACTICE                             | 28 |
| 29 | 30<br>NO PRACTICE (Run on your own)        |  |  |  |  |    |

## 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 9/20 & 9/23 – **-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.  
**-Race/Practice Schedule Changes** will be communicated through REMIND, verbally, & School's Website

# (Rosa X-C) October

# 2019

|    | Monday   | Tuesday   | Wednesday                                       | Thursday  | Friday   |  |
|----|--|---|---|---|--|--|
|    |  | 1<br>NO SCHOOL<br>NO PRACTICE (Run on your own) | 2<br><b>Race @ Marlton</b><br>Pick up time 5:45 | 3<br>PRACTICE                                   | 4<br><b>Race @ Carusi</b><br>Pick up time 5:30 | 5  |
| 6  | 7<br><b>Penny Packer</b><br>Select Runners             | 8<br>PRACTICE                                   | 9<br>NO SCHOOL<br>NO PRACTICE (Run on your own) | 10<br><b>Race @ Demasi</b><br>Pick up time 5:45 | 11<br>PRACTICE                                 | 12   |
| 13 | 14<br>PRACTICE   | 15<br>PRACTICE                                  | 16<br><b>Race @ Home</b><br>Pick up time 5:00   | 17<br>PRACTICE                                  | 18<br><b>Race @ Home</b><br>Pick up time 5:00  | 19   |
| 20 | 21<br>PRACTICE   | 22<br>PRACTICE                                  | 23<br><b>Race @ Delran</b><br>Pickup time 5:45  | 24<br>PRACTICE                                  | 25<br>PRACTICE                                 | 26<br>CHERRY HILL<br>CHAMPS (ALL<br>Runners) @ Rosa                    |
| 27 | 28<br><b>League Champs @ Beck</b><br>Pick up time 5:30 | 29<br>PRACTICE (IF NEEDED)                      | 30<br>PRACTICE (IF NEEDED)                      | 31<br>PRACTICE (IF NEEDED)                      | 1<br>PRACTICE (IF NEEDED)                      | 2<br><b>(Rain Date)</b><br><b>CHERRY HILL CHAMPS @ Rosa</b><br>8:30 AM |

## NOTE:

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

**-TRANSPORATION 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 9/20 & 9/23 – 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 BUSES** for all practices. -Race/Practice Schedule Changes will be communicated through REMIND