

Ipswich Middle School Cross Country 2021



Coach Sarah Borton
sborton@ipsk12.net



Practices

- Typically Monday-Wednesday, 2:30-3:30 pm; schedule to be released shortly!
- We **DO** practice in the rain and the cold and the mud! (basically the definition of XC). If practice is cancelled, it will be announced to all athletes before the end of the day and I will do my best to get an email out to all families as well.

What should your child bring/wear to practice?

- Running specific sneakers
- A watch!!!!
- Water bottle
- Weather dependent clothing (sweatshirt, raincoat, etc.)
- Small, **HEALTHY** nut-free snack – (fruit, protein bar, bagel, etc.). I love Doritos and the like just as much as the next person, but they do not qualify as a healthy pre-run snack!

2021 Attendance Policy

Student athletes are STUDENTS FIRST and need to maintain a passing average in all classes to compete on the team. They also need to demonstrate respect towards their teachers and peers.. School comes first. If a student needs to stay after with a teacher, that can *always* be arranged.

We typically compete in one meet/week, which means we only practice at most, three days a week. Athletes are expected to attend ALL PRACTICES. Please evaluate if your child has the proper time to dedicate to this (amazing!) sport. If a student consistently misses practices without reason, s/he will be asked to leave the team. If a student must miss several practices the week of a meet, s/he cannot compete in that week's meet.

Meets/Uniforms

- Uniforms and additional fun gear can be purchased at the following link:
https://teamlocker.squadlocker.com/#/lockers/ipswich-middle-school-250065?_k=r15f85
(athletes can also opt to wear any Ipswich/orange & black gear they already own).
- An IMS bus will bring athletes to away meets. The bus will also bring any athletes back to IMS who do not leave with a parent/guardian.
- XC meets typically run from 3:30 – 5:30.
 - If it is a home meet, you may leave with your child when they have finished their events, though we encourage athletes to cheer on their teammates first.
 - If it is an AWAY MEET, you **MUST SIGN OUT** your child with the coach. We are responsible for every child and it is imperative that we know where they are at all times. Thank you!!:)
 - If you would like your child to go home with someone else, a written note or email must be received AHEAD OF THE MEET DAY to Coach B (sborton@ipsk12.net). A note/email can be good for the entire season.

An apple a day....

A favorite XC team tradition is to hand out apples to the runners after our **home** races (both our runners and the competing team). If you would like to volunteer to bring a bag of apples to our home meets, that would be sincerely appreciated!





IMS CROSS COUNTRY 2021

Student-Athlete Contract



- I am a student first, athlete second. I will maintain a strong academic status in all classes (*respectful, passing in work, solid effort*) in order to be a competing member of the team.

- I will attend *all* practices. If I have a conflict, I will talk with Coach Borton *at least 24 hours ahead of time* to discuss. I know I will be unable to compete if I continuously miss practices without legitimate reason, or if I have to miss several practices one week.

- I will arrive at practice prepared to run. I will arrive in the 7th grade pod by 2:30, dressed and motivated to win the workout.

- I will maintain a positive attitude and be a supportive team member-- respectful and crushing the sportsmanship!

Athlete's Name (*printed*):

Athlete's Signature:

Parent/Guardian Signature:
