



The FLMS cross country team is open to all students grades 6-8. Our first practice will be Monday, September 9<sup>th</sup> until 4pm. Practices will be Monday-Wednesday each week. One of these days will be a meet day, with the other two being practices. A schedule of all practices and meets will be sent home with the athletes.

**In order to participate, students need the following:**

- A current physical on file with the nurse prior to the first day of practice
- A completed permission form
- A completed nurse information form (available on FLMS school website under athletics)
- A user fee of \$75 (checks payable to FLRSD) - due after the first week of practice
- A printed or emailed certificate of completion of the concussion protocol training (Heads UP) sponsored by the CDC (MA requirement). The course is free and available online. We encourage that both parent and athlete complete the training together <http://www.cdc.gov/HeadsUP/youthsports/training/index.html>
- A ride available at 4pm after each practice, meet pickup times may change based on distance/traffic
- Water and athletic attire (layers in case of changing weather)

**Please note:**

\*Attendance at practice is crucial. Athletes need to be present at the practice the day before a meet in order to compete the next day.

\*Students must be in good academic standing in regards to grades and conduct/effort. Failure to keep these in good standing will result in termination from the regular season.

\*All FLMS Cross Country student-athletes are expected to demonstrate the core values of Respect, Responsibility, & Resilience at all times.

Please feel free to contact me via email with any questions:

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