

Friday, August 24 th, 2018

## **2018 FLMS Cross Country Team**

This is our 4th year for the FLMS Cross Country team!!!

Last season was a great success with a second place Massasoit League finish for both Boys and Girls divisions!!!! Thanks to all involved and we hope to build on that effort this year!!!

Cross Country is open to all students at FLMS (6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade)

Tryouts will begin after school from 2:30pm – 3:45pm on Wednesday 9/5, Thursday 9/6, and Friday 9/7.

The Schedule for Meets has been posted on the school website and calendar.

A practice schedule will be sent home to all team members on Friday 9/7.

If you plan on joining, be sure to bring the following things with you:

→Running sneakers

→Water

→Running clothes and appropriate attire for inclement weather



★ **A current physical exam must be on record with the school nurse prior to the first tryout.**

★ **A filled out permission form (you will not be able to join without this)**

You can hand in the permission form to the Main Office or to Mr. McMahan/Ms. Poto before 1st practice

★ **A Concussion protocol training (Heads UP) sponsored by the CDC must be completed per MA requirement. The course is free and available online on the site listed below. We encourage that both parent and student/athlete complete this training together and submit certificate of completion.**

<http://www.cdc.gov/HeadsUP/youthsports/training/index.html>.

★ The first week is free to play.

When you make the team, there will be a **user fee of \$75.00 (checks payable to FLRSD)** to play. Team shirts will be ordered, please give shirt size on permission form.

### ★ SOMETHING TO KEEP IN MIND:

FLMS Cross Country players must maintain good academic grades, as well as conduct and effort grades. 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 email me anytime if you have any questions.

Thank you

Mr. McMahan

[mmcmahan@freelake.org](mailto:mmcmahan@freelake.org)

Ms. Poto

[dpoto@freelake.org](mailto:dpoto@freelake.org)

★ **Players MUST sign out with a coach before leaving with their ride from a practice or a meet.**

Pick up times may be subject to change for away meets due to traffic..