

Warhawk Cross Country 2020

Cross Country is a non-cut sport.

Practices begin: Tuesday, Sept. 8th @ 3:30
ARRIVE NO EARLIER THAN 3:15 EACH DAY

Where: Warhawk Track - You will need to enter through the north gate near the tennis courts, have your temperature taken and answer a COVID Questionnaire.

Required Paperwork: These forms are located in the main (south) entrance or you can download them from the school website.

- **COVID-19 State Questionnaire***
- **Physical-** dated after May 1, 2020
- **Athletic Insurance Compliance Form - (must be notarized)**
- **Code of Contact Form – only** needed if you have never filled out one
- **Head Injury Form**
- **Tryout Participation Agreement**
- **Medical Administration Form- Only** necessary if you need an inhaler
- **Participation Fee - \$50.00 (Will be billed upon acceptance to the team)**

NOTE: you **must** have all these things turned into the office by September 8th **before you may participate.** There is **NO** exception to this. This is a KSHSAA requirement.

Safety:

Practices will begin at 3:30 and will meet on the track. **DO NOT come to practice feeling ill.** Please keep your social distance from your teammates. (Hopefully there will be a time for hugging later on in the year!) Each runner will have to have their own water bottles. Water coolers will not be provided due to obvious reasons. Drinking fountains will be available, but only to fill water bottles. If you would like, you can donate bottled water that I will keep on hand for athletes who forget their water bottles. Bathrooms will be provided and open to athletes within parameters.

Right now, I am planning on having the students practice in pods.

8th grade girls, 8th grade boys, 7th grade girls, 7th grade boys

I will be looking for athletes who want to lead and can manage instructions.

Athletes will not run with masks, but will need to have them available when they come back to groups.

Competition:

We will only be competing against Lawrence Middle Schools.

Probably around three meets again this year.

I will communicate information about meets via Google Classroom and email.

Google Classroom is tricky and usually only works for parents with USD 497 emails.

Google Classroom will obviously work for the runners.

Please let me know if I have left something out when I communicate about our activities.

Extras:

T-shirt orders will be available to access starting the first day of practice.

Locker magnets will be made for the athletes.

I will print extras so they can bring a few home.

It is important that we communicate. There will be more information coming out as practice comes closer.

Coach: Elaine Mellenbruch Text: (785) 842-7995 Email: emellenb@usd497.org

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