



Victory Middle School XC

Dear VMS XC Runners and Parents/Guardians:

We are excited to have you as a part of our team this year! Below is some information imperative to your and our success this year.

Practices: Runners cannot practice until the release/concussion forms have been turned in, and runners must attend AT LEAST ten practices prior to the first meet in order to run. If there are any conflicts that would interfere with an athlete participating in ten practices, please contact Coach Moxham as soon as possible. Practices will include warm-ups, long distance runs, sprints, interval training, strength workouts, and static stretching. The goal of practice is to improve cardiovascular conditioning by increasing oxygen capacity, oxygen cycling, and lactate threshold. Pushing your limits in practice will increase running efficiency and placing during meets. Running pants, shorts, t-shirts, tank tops, and athletic shoes are acceptable attire for practice. Inhalers must be brought to practices and meets by students who need to use them (please let the coaches know if you use an inhaler). Watches will be helpful at every practice. Water is a must have throughout the day, so it is expected that athletes have a water bottle at all practices and meets.

Meets: Runners can either receive a ride from a parent/guardian or ride the bus to the meets. Runners must be signed out by a parent/guardian before leaving away meets if they are not riding the bus back to VMS. Runners can also be taken home by another adult if a signed note or email is provided to the coaches. Meets will begin no earlier than 4:00 pm. Girls will run first followed by the boys.

Academic Eligibility: Grade checks will be conducted by our Athletic Director, Dane Pence. Students will be required to maintain a grade report with no F's or they will be academically ineligible to run. If an F is reported, teachers have the option to sign off on the student's grade and allow them to run.

Volunteers: Volunteers are needed and will be much appreciated to help run our home meet(s). Sign-ups can be found on the VMS Cross Country website prior to each meet. Thank you in advance for your willingness to help facilitate these events.