



Welcome to XC Running 2024!

Cross country running is a popular sport here at STrEaM. Many athletes sign up for running in order to stay in shape for Cross Country Skiing. Other students discover a love for team sports that blossoms into something more in high school. Regardless of reasoning, athletes are sure to have a great time during the running season.

FORMS & FEES: Every student must have two completed forms ([Health Exam form](#) signed by a physician, [Middle School Activity Participation form](#), and the \$110.00 FEE paid before they can be added to the ASA X-C Team. Links to additional forms are available from the school website or the main ASD website.

SCHOOL CONTACTS: Mrs. Biondich Biondich_Sylvia@asdk12.org

All paperwork needs to be completed and given to **Mrs. Biondich** before a student is added to the team. The \$110.00 sports fee must be paid online through ParentConnect with a debit or credit card or a personal check handed in with the paperwork. Families who have met the Family Cap or who qualify for a Fee Waiver can work directly with Mrs. Biondich.

VOLUNTEERS: asdk12.org/volunteer to reach the district online application and waiver. We love the added fun of family involvement during practice and meets (trail guides, rabbits and turtles during meets, snacks, fundraising). Please complete volunteer paperwork ASAP.

CLOTHING: **For practice:** your child needs shorts or sweats, t-shirt, socks, running shoes and their personal water bottle. We will run outside rain or shine, so students should be prepared for all kinds of weather. **For meets:** They need their STrEaM XC shirt and jacket, shorts (black or another plain, dark color – no neon) socks, running shoes and their personal water bottle. STrEaM jackets must be returned at the end of the XC season cleaned and in good condition.

SNACKS: At the end of each practice, we will have a snack. **If you are at Costco and would like to contribute** a healthy box of snacks that can be shared with the whole group, it would be appreciated. Ideas would be fruit leather, granola bars, bag of cuties etc.

WATER: Students should bring their own water bottle, labeled with their name.

Please feel free to contact me with any questions or concerns. I will send out a weekly email on Sunday nights with information for the upcoming week. While I have been an assistant coach in the past, this is my first time as head coach. Your patience and grace is greatly appreciated. I am looking forward to a great season!

Go Rapids!

Coach Wesley wesley_emily@asdk12.org

XC Running 24/25
Practice and Meet Calendar

August

Monday	Tuesday	Wednesday	Thursday	Friday
			8/15 <u>Mandatory</u> <u>informational</u> <u>meeting 3:30pm</u>	8/16 No practice
8/19 Day 1 ! Practice 3:30 to 4:45pm	8/20 Practice 3:30 to 4:45	8/21 Milk Run 7:30AM	8/22 Practice 3:30 to 4:45	8/23 Practice 3:30 to 4:45
8/26 Practice 3:30 to 4:45	8/27 Practice 3:30 to 4:45	8/28 Milk Run 7:30AM	8/29 Practice 3:30 to 4:45	8/30 Practice 3:30 to 4:45
September				
9/2 NO SCHOOL/NO PRACTICE	9/3 Practice 3:30 to 4:45	9/4 Meet@Bartlett 6PM	9/5 Practice 3:30 to 4:45	9/6 Practice 3:30 to 4:45
9/9 Practice 3:30 to 4:45	9/10 Practice 3:30 to 4:45	9/11 Meet@Girdwood	9/12 Practice 3:30 to 4:45	9/13 Practice 3:30 to 4:45
9/16 Meet@Kincaid	9/17 Practice 3:30 to 4:45	9/18 NO PRACTICE	9/19 Practice 3:30 to 4:45	9/20 Practice 3:30 to 4:45
9/23 Practice 3:30 to 4:45	9/24 Practice 3:30 to 4:45	9/25 Meet@Chugiak	9/26 Practice 3:30 to 4:45	9/27 Practice 3:30 to 4:45
9/30 Think Pink Relay@Bartlett				
OCTOBER	10/1 Practice 3:30 to 4:45	10/2 ??? Practice 3:30 to 4:45	10/3 ???? Practice 3:30 to 4:45	10/4 ??? Practice 3:30 to 4:45
10/7 Final Meet @ Kincaid	10/8 No Practice	10/9 No Practice	10/10 End of Season Party and Awards 3:30 to 4:30	

**XC Running 24/25
Practice and Meet Calendar**

August

Monday	Tuesday	Wednesday	Thursday	Friday
			8/15 <u>Mandatory informational meeting 3:30pm</u>	8/16
8/19 Practice 3:30 to 4:45	8/20 Practice 3:30 to 4:45	8/21 Milk Run 7:30AM	8/22 Practice 3:30 to 4:45	8/23 Practice 3:30 to 4:45
8/26 Practice 3:30 to 4:45	8/27 Practice 3:30 to 4:45	8/28 Milk Run 7:30AM	8/29 Practice 3:30 to 4:45	8/30 Practice 3:30 to 4:45

September				
9/2 NO SCHOOL/NO PRACTICE	9/3 Practice 3:30 to 4:45	9/4 Meet@Bartlett 6PM	9/5 Practice 3:30 to 4:45	9/6 Practice 3:30 to 4:45
9/9 Practice 3:30 to 4:45	9/10 Practice 3:30 to 4:45	9/11 Meet@	9/12 Practice 3:30 to 4:45	9/13 Practice 3:30 to 4:45
9/16 Meet@	9/17 Practice 3:30 to 4:45	9/18 NO PRACTICE	9/19 Practice 3:30 to 4:45	9/20 Practice 3:30 to 4:45
9/23 Practice 3:30 to 4:45	9/24 Practice 3:30 to 4:45	9/25 Meet@	9/26 Practice 3:30 to 4:45	9/27 Practice 3:30 to 4:45
9/30 Think Pink Relay				
OCTOBER	10/1 Practice 3:30 to 4:45	10/2 Practice 3:30 to 4:45	10/3 Practice 3:30 to 4:45	10/4 Practice 3:30 to 4:45
10/7 Championship @ Kincaid				