



JV/Varsity Boys Cross Country

Fall 2025

Important Dates

Preseason Parent Meeting

Date: Monday, August 18, 2025

Time: 7:00pm

Location: Zoom - <https://zoom.us/j/8402656652?omn=98352656298>

Tryout Information

Day	Date	Time	Location
Monday	8/25/25	8:00am-10:00 am	RHS Track
Tuesday	8/26/25	8:00am-10:00 am	RHS Track
Wednesday	8/27/25	8:00am-10:00 am	RHS Track
Thursday	8/28/25	3:00pm-5:00 pm	RHS Track
Friday	8/29/25	8:00am-10:00 am	RHS Track
Saturday	8/30/25	8:00am-10:00 am	RHS Track
Sunday	8/31/25	OFF	
Monday	9/1/25	OFF	
Tuesday	9/2/25	3:30pm-5:30 pm	RHS Track

**Athletes must be present during all practices to be considered for the team.*

Student-Athlete Digital Classroom

The boys cross country team will use Google Classroom to communicate throughout the season. Athletes need to create an account to access the classroom. The team access code is: mpttwnjk.

Required Documents

- [Arbiter Sports Registration](#). Athletes must be registered by a parent or guardian via Arbiter Sports to be considered for a team. Registration opens 30 days prior to the start of the season and closes 1 week before the first day of tryouts.
- [New York State Health Form \(Physical Exam\)](#) - Valid for 1 calendar year. Updated forms can be sent directly to the high school nurse, Ms. Kohler, as a PDF. Her email address is: bkohler@roslynschools.org. Only forms sent as a PDF will be accepted.
- [Valid Impact Concussion Test](#). Tests are valid for 2 years. Most students take this test during physical education class. If you need to take the test, please complete this online form:
- [Self-Medication form](#), if applicable.

**If a student-athlete does not have all requirements met, they cannot participate and will not be granted an extension of tryouts.*

What to wear/bring to tryouts

- The coaching staff recommends athlete's wear running shoes and comfortable light weight clothing.
- Athletes should bring a labeled water bottle and may wish to consider a hat, running watch, and sunscreen.

Team Notes

While the first week will be a "tryout" period that will help us determine each athlete's current ability level, our teams are not set in stone at this point. Instead, each athlete has the opportunity to earn the chance to compete on Varsity. Both Varsity and JV athletes will race the 5k distance. At all meets there will be Varsity and JV races that will offer suitable competition depending on your level.

Coaches Contact Information

Head Coach: Ms. Hamilton

Email Address: khamilton@roslynschools.org

Assistant Coach: Ms. Moustakas

Email address: amoustakas@roslynschools.org