RIVERSIDE WATERTOWN CC

2021-2022 Cross Country Information (6th- 8th Grade)

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How to Sign up: Cross Country Sign in Google Form

Next Steps:

- Make an appointment now to get your physical and have your doctor complete the WIAA physical clearance form. The form can also be found on the athletics page on the RMS athletic physical.pdf website. This does not need to be done if you had a physical last school year, it lasts for two years. Turn in the completed form to the RMS office.
- Read or review the Concussion information packet, and the Athletic handbook.
- Fill out the Athletic Participation Form. This is to be filled out only ONCE a year before participation in your first sport. This form also acts as an alternate year physical card if you had a physical last year. Turn in the completed form to the RMS office along with the $35 athletic fee.

Parent/Athlete team meeting: August 24, RMS LGI 7:00pm

Season Calendar:

- Start date: Monday, August 29
- Monday-Friday practice 3:30- 5:00pm
- We will have about 5-7 meets this year, including one home meet.
- End date: Monday, October 17:
    - **Ice cream run for the end of season celebration to Mullen's Dairy Bar:** Kids need pick up at 4:30 @ Mullen's.

Frequently Asked Questions:

What if my child hasn't run much? Can he or she still do cross country?

Absolutely! I give kids workouts suitable for their fitness level, so not everyone does the exact same workout on a given day. I adjust the workouts throughout the season as they improve, too.

How long are the races?

There is no standard race length for middle school cross country. The shortest race will be one-and-a-half miles, and the longest will be 3200 meters, or two miles. For the first race, some

athletes may not be able to run all of it, but by the middle of the season, every athlete will be in good enough shape to run it. The courses are usually through woods and fields, and a few will have some hills.

Can my child participate in another sport at the same time?

Yes. Athletes have participated in cross country and another sport, like soccer, before. I modify their workouts, especially when they are competing for another sport that day. And when there's a conflict, we work together to figure out a solution.

What kind of shoes should my child have?

Shoes are the single most important piece of equipment for cross country.
Here are some tips on purchasing shoes, whether it's your first pair or it's time to replace an old one.

How should I choose my shoes?

- Get a good pair of training shoes. These will help prevent injury, as they absorb the impact of running and also provide the foundation for better leg support. Proper fit is the most important feature of choosing the best shoe possible. Request a shoe that also offers quality arch support and shock absorption.
- Racing shoes, such as spikes, can be advantageous to runners on race day because they provide better traction on grass and dirt courses. These are not required and most kids do not have these specialty shoes until high school.

Where should I get my shoes?

- Endurance House and Performance Running Outfitters in Delafield, or Movin' Shoes in Madison, Fleet Feet in Sun Prairie and Madison are good places to start your search. They have a wide selection of shoes and a very knowledgeable staff, most of whom are runners themselves. They will carefully guide you through the process of selecting a shoe that's right for you. They also offer a 10-15% team discount on most shoes, so make sure to mention that you are on the Watertown/Riverside cross country team.
- Browns Shoe Fit in Watertown and Finish Line in the Johnson Outlet Mall do have quality running shoes also.
- Recommended brands: Brooks, Saucony, Asics, Hoka One One, New Balance, Mizuno, Nike, Adidas.
- Shoe outlet stores such as Nike, Adidas, etc. may also offer good discounts, but the shoes tend to be lower quality and sometimes not as durable or safe.

How often should I replace my shoes?

- The general rule is about every 300 to 400 miles. If you have had any leg, foot, ankle or knee problems, replace shoes sooner. If possible, only wear your running shoes for practice, rather than everyday use; this will help them last longer. It is best to get new training shoes for each cross country season.