



Scullen Cross Country

Welcome to the 2024 Scullen Cross Country Team!

Practices:

- **Our first day of practice is Monday, August 26th.**
Practice is held every school day, Monday–Friday until 4:30 pm. All athletes need to be outside at our practice area, dressed and ready to begin at 3:10. They may not practice until a parent or guardian completes the **registration form** at: <https://forms.gle/Awn9Y5y2pmvT8nSN8> and the **nurse approves an up-to-date physical**.
- **Athletes need proper running attire for practice each day.**
This includes shorts, shirts, sweatpants/running pants, sweatshirts and/or windbreakers, hats, gloves, and SHOES! We also recommend a watch as a useful item. This does not mean that all new gear needs to be purchased. However, students should have running shoes for their foot type. We recommend Naperville Run Club or Dick Pond to help evaluate. As a general rule, be ready to run outside everyday. Optional Scullen CC t-shirts and hoodies for runners and the family will be available in the fall.
- **Practice is only canceled upon notice from Coach Malone or Coach Ploger.** We will sometimes practice indoors because of severe weather conditions.
- **Students will be able to use a PE locker during practice, but may not leave a lock or leave items overnight.**
- **Students must attend all practices possible.**
If a runner cannot attend practice or needs to leave early, a parent should notify Coach Malone or Coach Ploger in advance. The parent email should indicate the reason for the absence or early dismissal. For early dismissals, the athlete should wear a watch to keep track of when to turn around on our run.
If the coaches do not receive a parent email or written notification about a missed practice, this is considered an unexcused absence. Three or more unexcused practices will eliminate a student from running in the next meet. Also, please understand that too many *excused* absences can become an issue as well. This is only fair to those athletes that are present and working each day. We know that other obligations do arise-- however, a missed practice is a missed workout. We co-coach, but Coach Ploger handles 7th grade attendance this year and Coach Malone 8th.
- **Please ensure your athlete is picked up by the front gym door entrance (door 5) at 4:30 from all practices if not walking or biking.**
- Please review the [Scullen Athletic Code of Conduct and Academic Eligibility Procedures](#).

Meets:

- **The 2024 meet schedule is on the next page.**
All meets will take place at the host school listed, unless otherwise noted.
- **Athletes are expected to take the bus to and from all meets.**
Parents, if you would like to take your child home directly from a meet, the student must be signed out from "Scullen's Sign-Out Clipboard." This is a district liability policy, which we are required to follow. If there are any questions or concerns about this, please talk to either coach at any time during the season.
- **Uniforms will be assigned to athletes for the meets.**
This includes a pair of running shorts and a tank top. These items may only be worn for competition. Students may choose to wear t-shirts and running tights underneath the uniform for warmth, but these must be a solid blue, white, gray or black.
- **Each meet will start upon the arrival of all participating schools.**
The meets will generally begin around 4:15/4:30. Most meets will be completed within 2 hours. The running order will switch mid-season to allow parents from both grades to see their children compete. See the meet schedule. 7th Grade races are 1.5 miles and 8th Grade races are 2 miles.

Fun Run:

The annual team fun run will take place Friday, October 4th at 4:00. The team will have practice as normal until 4:30. Family members are invited to join in at 4:00 for a 1 mile Fun Run. Parents, siblings, other family members, and even dogs are all invited to come run with the team. Maybe you even want to "race" your favorite runner :) It's only 1 mile! Running experience is not necessary. Come on out if you can-- it's always fun to see a large group of runners on our home course and hear about our Gatorade Runners of the Week

We will share information as the season progresses on Scullen Cross Country's Google Classroom (code **4ijicd4).**

We look forward to another awesome season... GO SHARKS!

Coach Malone (cathy_malone@ipsd.org) & Coach Ploger (monica_ploger@ipsd.org)

Scullen Cross Country Important Dates

2024



- Practice begins Monday, August 28th and is every school day until the conference meet.
- Thursday, September 5th Meet **at Hill** with Madison (8G, 8B, 7G, 7B) and Cross Country t-shirt/hoodie orders and \$ due
 - Wednesday, September 11th **Home Meet** with Kennedy & Washington
 - Monday, September 16th TEAM PICTURES in uniform during practice
 - Tuesday, September 17th Meet **at Gregory** with Crone
 - Thursday, September 19th **Home Meet** with Fischer & Madison
 - Monday, September 23rd Meet **at Still** with Lincoln (7G, 7B, 8G, 8B)
 - Tuesday, October 1th Meet **at Washington** with Jefferson
 - Friday, October 4th FUN RUN at 4:00
 - Tuesday, October 8th **Home Meet** with Granger & Lincoln
 - Wednesday, October 16th Conference Meet **at Frontier Park**
- ** Thursday, October 17th Conference Meet Rain Date
** Friday, October 18th End of Season Party

Generally, we will return to school between 6:00 and 6:30 pm after an away meet--students should have a ride arranged to pick them up from the front gym door entrance (door 5) after each meet. Again, this is a general time frame; *some meets last longer than others*. Therefore, we may return to school before or after the suggested time. Students may use the telephone to call home, if necessary. Let us know if you can help with home meets!

Please join us when you can to cheer on our SCULLEN runners!



** **Meet Order:**

1st half of season: 8th girls, 8th boys, 7th girls, 7th boys
9/23 or later: 7th girls, 7th boys, 8th girls, 8th boys

Crone Middle School

4020 111th Street
Naperville, IL 60564

Fischer Middle School

1305 Long Grove Drive
Aurora, IL 60504

Granger Middle School

2721 Stonebridge Blvd.
Aurora, IL 60502

Hill Middle School

1836 Brookdale Road
Naperville, Il 60563

Jefferson Junior High

1525 N. Loomis St.
Naperville, IL 60563-1300

Kennedy Junior High

2929 Green Trails Dr.
Lisle, IL 60532-6262

Lincoln Junior High

1320 S. Olympus Dr.
Naperville, IL 60565-6117

Madison Junior High

1000 River Oak Dr.
Naperville, IL 60565-2700

Still Middle School

787 Meadowridge Drive
Aurora, IL 60504

Washington Junior High at Arrowhead Park

711 Iroquois Ave,
Naperville, IL 60563