

Welcome to Otter Valley Cross Country

This packet is designed to put all information in one place to make our season run as smoothly as possible.

CONTACT INFO:

Cameron Perta: 802-349-0031 or cperta@rnesu.org

Activities Director-Steven Keith: 247-6833 X 216 or skeith@rnesu.org

Team Captains:

Team Captains are chosen based on demonstrated leadership skills. They will be team leaders during practices and meets, and they will strive to set a good example in work ethic and attitude.

Team Captains will be announced during the second week of practice.

Schedule:

Our season schedule will be shared online. Plan on regular after-school practices (2:45-4:00) and meets on Tuesdays/Saturdays.

HOME MEET:

On September 12th, we plan to host our home race. In order for this race to be a success, we will need some outside support from parents/other volunteers. Possible roles may include timing, scoring, cards, and pointing runners in the right direction on the course.

UNIFORMS:

Runners will be issued a uniform at the start of the season. The care of this uniform is their responsibility, and it will need to be handed back in at the end of the season.

Practice Expectations:

Give 100% each day—whether its school, practice or a meet.

Rules:

- All school rules must be followed, and they carry over into practice/meets.
- Any questions about eligibility can be answered by reading through the eligibility requirements in the student handbook.
- Please strive to attend all practices and meets. If you are absent from school, you will be absent from practice. Obviously things will come up over the course of a season, so please communicate with me if you need to be absent for a specific reason. Exceptions will be made for special circumstances on a case by case basis. Try to let me know about your absence ahead of time. Again, communication is key. Regular, uncommunicated absences will prompt a discussion and may lead to dismissal from the team.
- Please try to be on time for all practices and meets. If you're going to be late, please let me know ahead of time.
- Please bring a water bottle (full) to each practice and meet.

Parents:

Please do not hesitate to let me know if you have questions or concerns. I am always available.