

Cross Country **2026** Parent Information

- There is a **\$40.00 athletic fee** associated with Cross Country. This fee pays for- meet entry fees, tournament awards, course set-up/maintenance, uniform maintenance, and a T-Shirt. Please try to pay this fee before the first meet.
- **Cross Country will begin on Monday August 10th after school.** After School, runners will change clothes in the locker room and then meet Coach Seiler in the gym.
- To participate in Middle School sports (including Cross Country) a student must have forms submitted to the **Final Forms website**. You must be completely cleared in Final Forms before you will be allowed to practice. Instructions for Final Forms can be found at the Loftis Website.
- Practice will be after school from **2:30-3:30**. **Please be sure to pick up your runner in a timely fashion.**
- If weather allows, we will hold practice every day (Monday-Thursday). If a schedule change is made, the runners will be informed as soon as possible in order to arrange transportation.
- It will be **hot** at practice. Please be sure your child is prepared to run in the heat. Runners will have access to water, but individuals should also bring a personal water bottle to practice.
- On Meet days runners should gather at the Chickamauga Dam 30 minutes prior to your Meet. This time will be used to warm up before your race. The races will begin at 5:15 or 5:45. Boys and Girls will alternate start times each week.
- **PLEASE** remember these are kids. We support all runners. Please cheer on your child and other Loftis kids as they run, PLEASE do not do anything to discourage or impede other runners. Parents (family) **should NOT run next to their child** or the other racers. This is a rule violation that could result in forfeiture for your runner.
- **PLEASE—JOIN Parent Square**—I will inform parents if practice needs to be cancelled or if Meets have been cancelled or postponed using this app. Hopefully, the text feature will work in the app so you can text me any questions you have during the season. Parent Square is the way Coaches have been asked to communicate going forward. IF YOU CANNOT get added to Cross Country in the App let me know and I will ask the school secretary, Heather Kuffrey to look into it.

Join the CC TEAM on Parent Square using the following links:



OR <https://www.parentsquare.com/groups/join/yzhx6as0jn>

If you have any questions you can send me an email at SEILER_JAMES@hcde.org

James Seiler

Loftis Cross Country Coach