

# **CROSS COUNTRY**

20 **Woodridge Middle School** 25



**Welcome! We look forward to having you!**

## **Coaches Contact:**

Head Coach - Ryan Mueller  
Assistant Coach - Chris Haffer

**rmueller@northwestschools.net**  
**chaffer\_sub@northwestschools.net**

## **Important Dates**

**August 18th** - First Day of Practice

**August 25th** - Middle School Fall Sports Parent Meeting

**August 29th** - End of Try-Outs/Team Placements

## **\*New\* Online Athletic Parent Portal**

### **Instructions for Physicals:**

- 1) We will **NO LONGER** accept paper copies of physicals. Everything will be uploaded by parents to this portal.
- 2) The Link/Portal: <https://northwestschools-mo.finalforms.com/>

## **Cross Country Practices**

- Try outs will be the first two weeks of school Monday through Friday from 2:35 PM - 4:00 PM at the Woodridge Middle School
- On August 25th, athletes will be placed on one of two teams (Blue & Silver Team). These teams will have a different practice & meet schedule. These schedules will be sent out on the second week of practice.
- Thank you in advance for picking up your athlete(s) within 5-10 minutes of practice concluding.

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## **Equipment strongly Recommended**

- Running shoes (not court/casual tennis shoes)
  - Stores like Fleet Feet or Big River Running use machines that measure your athlete's feet to determine the best shoe for them. Running specific shoes help prevent injury

**Season Communication Hub: Google Classroom code: tsgzmxas**

## **Cross Country Expectations/Requirements**

- ★ Athletes/participants are required (MSHSAA Rule) to have 14 formal practices to participate in competitions.
- ★ Athletes are expected to maintain positive behavior in school. Repeated or serious misconduct, including office referrals, may result in removal from the team at the coach's discretion.
- ★ Athletes are expected to maintain A's and B's in all classes, with no more than one C. Academic concerns will be addressed at the coach's discretion.
- ★ A uniform singlet will be assigned to the athlete to maintain and then wear on Cross Country Meet day.