TOMAHAWK MIDDLE SCHOOL
CROSS COUNTRY
RULES AND EXPECTATIONS



Middle School Cross Country 2025

Dear Athletes and Parents:

Welcome to the 2025 Middle School Cross Country season! We hope that you are as excited about the upcoming season as we are as coaches.

Since your son/daughter will be participating in this historic Cross Country program, we would appreciate your cooperation in maintaining the following rules. This will help to make the experience both positive and fun for everyone. **PLEASE MAKE SURE YOUR SKYWARD EMAIL IS CORRECT.** This will be used for official communications from the school district. Our formal and dedicated communication will come from the Remind app as that will give up to the minute updates throughout the season. Coaching staff will send real-time updates – such as bus times – via Remind messages, so please sign up to receive the alerts when you receive those instructions.

Coaching Staff:
Head Coach: Justin Lund lundj@myhatchets.org
Assistant Coach: Katie Mackin
Assistant Coach: Apryl Cerkas
Assistant Coach: Rhonda Zorn

I. ATTENDANCE
The goal of our program is to develop cardiovascular fitness in order to compete confidently and safely at each meet our team will attend and also to teach responsibility and teamwork. To reach these goals, it is imperative that athletes attend every practice. Practice is from 3:30-5:30 p.m. on Mondays, Tuesdays, Thursdays, and Fridays. Student-athletes are expected to attend the entire practice; however, if your son/daughter is ill, or if an emergency arises, please contact Coach Lund or the Middle School Office as soon as possible so that the coaching staff will be aware of the absence. If a student-athlete is going to miss practice or a meet for any other reason, parents and/or the student-athlete need to let Coach Lund know at least one day in advance. If a student-athlete is absent from school the day of practice or a meet, coaches will check with the office. **Your son/daughter needs 7 practices in order to compete in his/her first meet.** Roll

call/attendance will be taken at the start of every practice by the JV Baseball Field (With the exception of any Friday practice prior to school starting we will meet at the Sara Park Soccer Field area @ 3:30PM.

If your son/daughter misses practice for an unexcused reason, the following disciplinary action will occur:

1st unexcused absence: suspension from one meet
2nd unexcused absence: suspension from an additional meet
3rd unexcused absence: suspension from the team

II. ACADEMIC REQUIREMENTS

In order for us as coaches to uphold the WIAA and Tomahawk Middle School training rules, we need to remain apprised of your son/daughter's progress in the classroom. We will be in contact with your son/daughter's teachers to be sure he/she is maintaining good grades in all of their classes.

III. PRACTICE

All student-athletes must use the middle school locker rooms to change. Both girls and boys locker rooms are across from the multi-purpose room. Student-athletes need to dress appropriately for practice. ALL athletes need to be wearing running and weather appropriate clothing including sweatpants and sweatshirt, shoes and socks, maybe even hats and gloves to begin practice at coaches discretion and direction. A short sleeved shirt and shorts should be worn under cold weather gear in the situation where we do a workout in which we warmup enough to drop a layer. Sleeved shirts only for practice. Appropriate running shoes are required (no slip-ons, flip flops, etc…. tied shoes only). Any athlete not dressed with the above for practice will receive a warning for the first offense and will be ineligible to compete at one meet on the second offense. There will be no food or caffeinated/carbonated drinks allowed at practice, water and sports drinks containing electrolytes are permitted, but student-athletes do need to provide their own food and drinks for meets. We highly encourage student-athletes to bring a water bottle for practice and meets. Student-athletes will not be allowed to wear any jewelry or metal hair clips at meets. This dress code follows for meets also with issued uniform top and shorts under issued sweatpants and sweatshirt. Again, practice will be from 3:30-5:30 p.m. on Mondays, Tuesdays, Thursdays, and Fridays, except when there is a meet or it is otherwise noted on the practice schedule. Practice will start promptly at 3:30 p.m. Once student-athletes are changed, the entire team must meet by the JV Baseball Field unless directed by coaching staff otherwise.

Student-athletes are also expected to be picked up on time from the back of the High School Parking Lot near the two pole buildings when practice is over. Also note that they are not allowed to hang around indoors in any part of the school for any reason. The coaches cannot leave until all student-athletes have left the school, in which the same disciplinary action will apply if the student-athlete is not picked up by 5:30 p.m. on practice days. 1st time is a warning; 2nd time the student-athlete is suspended for one meet; and 3rd time results in the athlete being suspended from the team.

IV. BEHAVIOR

Being involved in a co-curricular activity is a privilege, not a right. Your son/daughter will be expected to behave appropriately at all times. He/she will be expected to respect themselves, teammates, coaches, parents, referees, as well as people with the opposing team and others out in the communities we live in and visit on race day. In addition, he/she will be expected to respect their property and the property of others. It will also be understood that absolutely no bullying of any kind in any capacity – whether it is in school, at meets or at practice – will be tolerated and will be addressed in accordance with Tomahawk School District policies. Our sport is welcoming of anyone who wishes to participate and all deserve to enjoy the experience safely. Absolutely no electronic devices (cell phones, iPods, etc.) during practice. They must be left in the student-athlete's gear locker during all practices. Student-athletes will be allowed to bring cell phones and iPods to away meets. Student-athletes may not use their cell phones/devices on the bus ride to away meets. On the bus ride home from meets, student-athletes can be on their cell phones/devices and listening to music, but they must be listened to with headphones or muted. No sound should be produced from electronic devices and once they arrive at the meet, devices will not be available until after the completion of everyone's race. During the meet, we expect student-athletes to cheer and support their teammates in a positive manner. Inappropriate language or actions will not be tolerated. These rules will be upheld at all times, including during school, practices, bus trips, and meets. Failure to do so will result in disciplinary action as outlined in Tomahawk School District rules and policies. Student-athletes participating in the meets are strongly encouraged to stay for the whole meet.

V. LOCKS

We highly recommend that your son/daughter purchase a lock to use if he/she chooses to store their equipment in a middle school locker room during practices. The coaches and the school will not be responsible for items lost, stolen, or misplaced.

VI. TRANSPORTATION

During meets away from Tomahawk, the team will be picked up and dropped off at the entrance to the Middle School (Door #2). We ask that parents be at the school when the teams arrive back in town. This will be accomplished by: 1) the coaching staff notifying student-athletes of an estimated time of arrival for the student-athletes to call or text to arrange their pickup at Door #2 and 2) A Remind message will be sent alerting both student-athletes and parents of our ETA. **If a coach has to wait at school for twenty minutes or longer past the anticipated arrival time for a student-athlete to be picked up after a meet or practice, the student-athlete will not be allowed to participate in the next out of town meet/competition. If this occurs a second time, the student-athlete will not be allowed to participate in any additional out of town meets/competitions for the remainder of the season.** Please do not plan on your son/daughter calling you from inside the building, as this will not be possible. The coaches cannot leave until all student-athletes are picked up. Also, if a parent will be taking another athlete home once we arrive at the school we need communication from both parents confirming this to ensure the safety of the athlete in question and that they get to where they need to be.

It is also required that if your son/daughter will be riding home with you after an away meet, you must locate one of the coaches and sign the permission sheet in order for them to ride home with

you. A new permission sheet must be completed at each meet. There will be a sign-out sheet at all meets. NO ONE ELSE on the team, other than your son/daughter, may ride home with you, unless you set up arrangements with the middle school office to the student-athletes leaving for the meet.

Again, welcome to the 2025 season. We look forward to meeting you soon and hope that you will enjoy the season!

Paperwork:

Student-athletes MUST have all paperwork completed before they are allowed to practice. Each athlete must have at least seven practices completed before being able to compete in their first competition. No exceptions.

Student-athletes and parents must also have signed and turned in:

- Physical card turned into H.S. Office (Alt. Year Card on Skyward)
- Co-Curricular Form & WIAA Form (Skyward)
- Cross Country Parent/Guardian Contact Information Form (Skyward)
- Rules & Expectations and Team Issued Apparel Rental Agreement (below) turned into Coach Lund

Rules & Expectations and Team-Issued Apparel Rental Agreement

Please sign this last page of the rules and expectations letter verifying that both parties have read and agree to the above rules and expectations. This signed document also allows your son or daughter to rent the team-issued cross country top and bottom uniform, sweat top, and sweat bottoms. These team issued apparel items must be washed and returned at the end of the season, otherwise the School District of Tomahawk will send a bill for the missing team-issued apparel. Once signed and dated, please have your son/daughter return it to Coach Lund or return to the Middle School Office.

Parent Signature: _____ Date:_____

Athlete Signature: _____ Date:_____

We look forward to having you as a member of our team. Let's have a great season! Go Hatchets!!!