

1st Practice is scheduled for September 13th, 2021!

To: Runners, Parents, Guardians

Welcome to the WMS Cross Country Team. This is an informational letter about the team, practice times and expectations. The primary goal of the coaching staff is to for the runners to have fun, improve their fitness level, meet new friends and have the opportunity to compete in races. We have runners with lots of experience and many beginner runners. Everyone can be on the team as there are no cuts. The coaching staff expects each runner to show respect towards their fellow runners and to the coaching staff. Cross Country is a sport where each runner is able to improve at their own pace, and we will try to individualize the practices to accommodate each runner's level of fitness and experience.

Practices will be held on Mondays, Tuesdays, Thursdays and Fridays. We meet at Sprague Field, next to the tennis courts around 2:50 and get started by 3pm. We will be finished by 4pm. It is not mandatory to attend every practice or meet, however, we encourage at least 2-3 days per week to improve your fitness and to feel part of the team. There will be times when we may run on the Brook Path away from campus, if this poses a problem with any of the runners, just let us know. The school provides transportation to and from away meets. Parents often drive their child home, which is fine, but we need to be aware that the runner is leaving and who is taking them home. We will make an announcement is practice is being cancelled due to bad weather.

Registration is online. ***Each runner must have a physical in the WMS nursing office, dated within the past 12 months before they can practice with the team.** Some families have used walk-in clinics to obtain physicals if they are unable to schedule a timely physical with their family physician. The first practice will be held on September 13th. We realize that many runners will not be registered by this date or have their physicals completed, they can join the team when the registration and physicals are all set.

If anyone experiences difficulty registering online, please contact Mary Anne McDonald in the high school athletic office. mcdonaldm@wellesleyps.org

Coach Bugden will have a cross country page with team updates. The link to the page can be found on the WMS teachers' website under Bugden.

Any questions, contact Coach Bugden @ bugdenm@wellesleyps.org.

We are looking forward to the start of the season!

WMS Cross Country Coaches: Bugden, Eriksen and McCarthy