



## Bednarcik Cross Country

*2003 Paw Pac Conference Champions*  
*2004 7<sup>th</sup> Grade Girl's Conference Champions*  
*2006 7<sup>th</sup> Grade Girl's Paw Pac 2<sup>nd</sup> place*

Coach Truemper Tel: 636-2562
Coach Linden Tel: 636-2561

Cross country is a sport of team and individual competition. You work with teammates for a team score, but in each race you try to better your own personal race time. To be successful at both of these goals, you must commit your time and effort to the team. Even though cross country does require hard work, we do still manage to have **FUN**. Below are our expectations for the Bednarcik Cross Country Team.

1. Practice is the key to running long distance. If you do not practice, you will not run in meets. **If you are going to miss practice you need to communicate this the day before to the coaches with your reason.** Emergencies are the only exception. If you have more the **ONE** unexcused absence you will be removed from the team. Your absence affects the team, don't let each other down.
2. When at cross country meets, practice or in your classes you represent Bednarcik Cross Country. Your actions reflect on the team, coaches and yourself. Any actions that are not in good character will result in removal from the team.
3. Keep your grades up! School comes first and we do follow eligibility rules. If you are ineligible you will not practice or run in the meets.
4. Communicate with the coaches! If you have questions, concerns or worries you need to let us know by setting up an appropriate time to discuss these issues. As a junior high school student, you should be able to talk to us and we are glad to hear your comments and concerns.
5. Your ride must be able to pick you up on time after practice and when we return from meets. If late pickup becomes an issue that is reoccurring, we will have to sit down and examine your participation with the team.

We expect your own personal best! Our commitment to you is to make you the best cross country runner you can be. By doing this we feel you will have fun running and succeeding with the Bednarcik Cross Country Team. Our goal for the season is to be as successful as we can, which may mean showing improvement or winning a conference title. Only time will tell, however, with hard work this team will accomplish great things this season.

Coach Truemper and Coach Linden

To be able to compete in practice and meets you will need all of the following as soon as possible:

1. A physical turned into the nurse or coaches.
2. A sports waiver signed by your parent/guardian.
3. The Bednarcik Cross Country contact signed by both you and your parent/guardian.
4. The \$30.00 sports fee (cash or check)

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I agree to the above conditions of being a part of the Bednarcik Cross Country Team.

Runner's signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date \_\_\_\_\_

# Bednarcik Cross Country

## Coaches: Ms. Truemper and Mr. Linden

Cross Country is open to all 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students who enjoy running long distance or want to build up endurance for other sports that involve running.

Practice: Monday – Friday 3 – 4:15 and Saturdays 7:30 – 8:30 a.m.

Bring: 1. Running shoes

These need not be expensive, just a good shoe with optimal support for running.

2. Socks should be thin, not heavy cotton socks, you will get blisters.
3. Clothes to run in
4. WATER

BEFORE THE FIRST PRACTICE, every student must have a valid Sports Physical on file in the nurse's office. They are good for 1 calendar year. You also need to have a signed Sports Waiver turned in.

Tentatively, most of our meets are on Tuesday and Thursday starting at 4:00 p.m. We will have Saturday meets occasionally. For away meets we are usually back to school between 6:00 – 6:30 p.m. Home meets will be done sooner.

If you attend an away meet to watch your child, you **MUST** sign them out if you take them home early. **Students must leave with their parent unless a note has been signed prior to the meet stating who the child has permission to ride home with. The note MUST be signed by an administrator of Bednarcik Junior High School.**

Our season lasts about 6 weeks. Tentatively our last meet is Thursday October 11, 2007.

If you want to start practicing before school starts, go ahead. Make sure you stretch for at least 5 minutes before and after you run. Start out gradually, if you haven't run before, running for 5 minutes, then 10 minutes, then 15 minutes, etc. The key is to run the entire time.