

2018
Middle School Cross Country
1st Practice
August 20th 5:30
Meet at Chilton HS gym

I hope everyone had a great summer! I am looking forward to another fall of cross country, and for those of you new to CC...I am excited to have you on the team!! Every week I will give the runners a weekly letter (Ask for it or look in those backpacks!) I hope this will help keep our practices and meets straight. I have been using Remind.com with great success. Please sign up for this app/website (if you don't have a smartphone you can also have information emailed to you!) I believe if you signed up for this last year, you will not have to do it again, but please check your phone/email to make sure it is working. Feel free to send me a message to make sure it is! This is a great way to get information from me and I use it to let you know when we are on our way home from meets and close to school so you don't have to wait! Attached to this packet is step-by-step information how to set this up. It is easy to do! If you need help or have questions, I can help! If you have any questions please contact me at home (849-7400 cell 418-2211 feel free to text me!) or at school (849-2358) my e-mail is schmitzj@chilton.k12.wi.us. If you would like me to send you the weekly newsletter, please email me your address.

I have a list from our athletic secretary about who needs what forms handed in yet. I will let your child know if they are in need of an athletic code, physical/alternate year card, concussion form or emergency cards filled out. Please ask them after practice if anything needs to be handed in yet, I will send home the appropriate forms if needed. They **CANNOT** practice without these handed in.

If you want to take your child home from a meet, please have an alternative transportations form filled out. I have attached one to this packet for your reference of what it looks like and it can be copied! The top half of the form goes to the office, the bottom half comes to me.

These can also be found on the schools website under CMS and then under forms. Feel free to print out and send with your child. They have to be pre-approved and signed by Mr. Matt Kiel, middle school principal.

I am also attaching a TENATIVE schedule. Mr. Behnke needs to finalize our meet schedule with other schools athletic directors but for the most part it should like the one attached. I will send home a finalized copy as soon as I get it. The outlook for our week is listed below. For the first couple weeks we are focusing on running and getting back into the "groove" of things. Many of the kids are at different fitness levels so their workouts will be modified to help them reach their goals.

We will have our 1st meet during the first week of practice. This is just a chance for runners to see how a meet goes and I consider it a "harder" work out day. It will be held in Sheboygan Falls. Race time is 4:00.

I will have a newsletter with the weekly outlook on the first day of practice. If you have any questions before then please call, text, or use Remind.com!

I am very glad that I have the opportunity to coach your child and help them learn the sport of Cross Country!

Thanks!

Mrs. Jane Schmitz

Assistant Cross Country Coach



Sign up for important updates from Mrs. Jane Schmitz.

Get information for Chilton High School right on your phone—not on handouts.

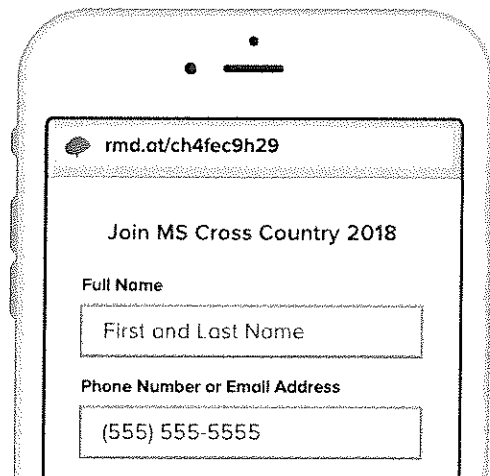
Pick a way to receive messages for **MS Cross Country 2018**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/ch4fec9h29

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @ch4fec9h29 to the number 81010.

If you're having trouble with 81010, try texting @ch4fec9h29 to (920) 785-6462.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/ch4fec9h29 on a desktop computer to sign up for email notifications.

2018 Middle School Cross Country Schedule

August 20th 5:30	First Practice (rain or shine!)	
August 23rd	Meet at Sheboygan Falls	4:00
August 31st	Meet at Freedom	4:00
September 7th	HOME meet Chilton	4:00
Sept. 10-14th	MEET this week to be determined	
September 22nd	Meet Oshkosh Invite	9:00 (Saturday)
	(At Lake Breeze Golf course)	
September 27th	Meet at Reedsville	4:00
October 13th	Conference Meet at Kiel	10:00 (Saturday)

ATHLETIC ALTERNATIVE TRANSPORTATION

GENERAL POLICY - Student athletes are expected to utilize school provided transportation to and from all athletic events.

Exception to this policy will be permitted if the following criteria are met:

1. The circumstances are such that:
 - a. Traveling the distance back home would be a great inconvenience to the parent.
 - b. Matters of importance to the family would be facilitated by this switch in transportation.
 - c. Only the parent or the parents' responsible adult agent will provide the alternative transportation -- This person will identify him or herself to the responsible coach before taking physical responsibility for the student.
2. A parent-signed written request form is on file in the office before the end of school on the day of departure.
3. Signed permission has been secured through the school office and presented to the responsible coach before the team bus leaves for its destination.

EXCEPTION FORM - PLEASE FILL OUT BOTH SECTIONS

Please allow _____ to be absent from the team bus on the return trip from _____.

DATE _____ COACH _____

REASON _____

He/she will be transported from the game by _____, who assumes full responsibility for his/her care and we agree to hold the School District of Chilton harmless of all liability.

SIGNATURE OF PARENT/GUARDIAN _____

GIVE THIS SECTION TO COACH _____

_____ has been granted permission to be absent from the team bus on the return trip from _____ on (date) _____.

Person providing transportation: _____

Permission given by Principal Matt Kiel