



## West De Pere Middle School Cross Country

Dear Cross Country Parent,

I've included a few items below that will hopefully help you as we begin our meets this season. If you have any questions about anything, please don't hesitate to send me an email (rlokken@wdpsd.com) or talk to me at one of the meets. I'm also going to try something new this year. If you would like to receive text message reminders specific to cross country, I've set up a Remind account. Just text @8kad8f to the number 81010.

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1. Most meets typically begin around 4:00-4:15. I receive a letter from every host school and will always share the actual time for the first race with the runners the day before the meet (this will also be information I send out with Remind).
2. When possible, I will send a map of each course home with the runners the day before a meet.
3. I always encourage the runners and their parents to monitor the forecast so they can plan accordingly for the weather and what to wear (this goes for daily practices too).
4. Runners should plan on wearing their orange jerseys, a pair of all black shorts, and their running shoes to compete in. If they checked out a set of warmups, they can also change into these after school before we leave for the meet. They're also welcome to wear their own warmups/sweats too.
5. Healthy snacks are allowed on the bus and prior to the meet. I would also encourage each runner to bring a water bottle labeled with a name on it. We do not travel with a communal water jug.
6. A couple years ago, a parent generously and anonymously donated a team tent. It is large and orange with a West De Pere Phantom logo (you really can't miss it). This is our team camp area where you will be able to find your child and his/her things. The checkout binder will also be stationed here (see number 7 below).
7. If you plan for your child to ride home with you from a meet, ***please make sure you sign him/her out of the orange binder that will be located under our team tent.*** Simply sign your name next to your child's name that will already be written and organized alphabetically by grade. It is extremely important that this happens every meet as the bus can not leave until all runners are accounted for.
8. A bus will bring any runners without a ride from the meet back to the middle school. Approximate times are listed on the master schedule that I previously sent home.

However, I will also send out a Remind message as we leave the hosting school (your child may also choose to text you). If you are picking your child up from the middle school after a meet, please be as prompt as possible as the coaches will not be able to leave until all runners have a ride (or walked/biked) home.

9. If you would like your child to ride home with anyone else from a meet (friends, grandparents, etc.), a permission slip must be approved by the office ahead of time.
10. There are multiple ways to watch a cross country meet. Some parents like to just find a spot by the start/finish line, and some parents like to cheer for their child at every possible intersection (depending on the course). If you ever have any questions about where to watch from, please find me at any meet and ask.

Thank you for all of your support! I look forward to seeing many of you at the meets.

Go Phantoms!  
Coach Lokken