



KTA Cross Country

2021-2022



Dear Parents and Guardians,

I'm very excited to be coaching Cross Country here at KTA. Cross country is a fun opportunity for your child to make new friends, get the heart pumping, and to gain a sense of school pride. I'm an avid runner myself, and I'm always looking for the next mountain to run. I can't wait to share my passion for running with your child.

The goals for every participant are:

- Physical skills necessary in the sport or activity
- An awareness of progressive skill requirements needed to continue in the growth of a specific sport or activity
- Respect for the efforts, abilities, and the rights of others
- The awareness of leadership responsibilities in school, community, and life contacts, as well as on the field
- Active participation/accountability by all members of the team
- Understanding and experiencing the benefit of healthy competition

Cross Country is a non-cut sport so all students who sign up will be part of the cross country team. Being part of a team is an important responsibility and requires a commitment to that team. As a team member, your child is committing to participate in practices and meets. That way our KTA runners will not only make improvements in their physical skills, but also their social skills.

****Mandatory Parent Meeting on August 26 at 4:30 pm at school. More information to come.****

Expectations: Please note some of these expectations pertain to Phase 2-Moderate Community Spread that can be found in the Return to Athletics Plan (School Year 2021-2022) document that can be found on the KTA Athletics page: <https://www.kyrene.org/domain/4050>

Players must...

- be at every practice unless excused
- email/text before practice if your child cannot attend (Unexcused absences may result in not participating in a meet.)
- arrive to practice a few minutes early so practice can begin promptly
- be picked up on time
- bring water and hydrate. No water will be provided. Two gallons of water are recommended per training session.
- have quality running shoes and cool, comfortable clothing
- show good sportsmanship
- understand that student athlete means student first so meet grade requirements (Students must have passing grades in all classes.)

- have exemplar behavior in school
- be registered and have their sports physical on file
- Athletes must wear masks when entering or leaving campus and on transportation.. Masks are optional for athletes during practices and meets.

****Grades and behavior will be checked weekly. Failing grades can result in suspension and possible dismissal from the team.****

Practice Times:

- Practice begins on **Monday August 30** before school starting at 5:50 am to 6:50 am

There will be four days of practice weekly until meets begin and two practices a week during the season. Practices will always be **Monday/Wednesday mornings from 5:50am to 6:50am**. Students will remain on campus after practice before school starts. Please meet us at the Garden Gate on the Metro St. side of school. Before meets begin, we will have practices **Tuesday/Thursday from 2:30 to 3:30pm**. Athlete pick up will be by the bike rack on Galveston St. side promptly at 3:30pm. We will have practice rain or shine. If it rains, we will practice indoors.

No school = No practice

Training

The meets are approximately 1 ½ miles. During our practices we will be developing stamina, speed, and strength to prepare for the races.

Sportsmanship:

As parents and spectators you must agree to:

- Encourage good sportsmanship for all players, coaches, and officials.
- Be a supportive parent and display positive behavior at all sporting events.
- Spectators who do not adhere to these guidelines may be asked to leave the event and may be banned from all future athletics events.

Communication:

Communication is key between coaches, parents, and athletes. We can communicate through email and phone. My email is ksmith@kyrene.org. We will use Remind 101 for fast, quick small information. We will sign up for the Remind App during the mandatory parent meeting.

Important Dates to Remember:

- **First Practice- Monday August 30, at 2:30 pm.** Meet inside the gym to go over locker room expectations.
- **Mandatory Parent Meeting- Thursday August 26 - 4:30 to 5:30pm.**

For more information regarding athletics, go to the KTA Athletics website:

<https://www.kyrene.org/domain/4050>

Meet schedule attached below.

Thank you,

Kory Smith
Cross Country Coach & Math Teacher
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