

# **2021 Mead Cross Country**



**Be part of something grand!**

Welcome to the 2021 Cross Country Season! This letter is to inform runners and parents about the cross-country season.

The coaches are looking forward to the season of practices and meets. The season officially starts Monday August 23. Although the season starts then, you should start running now to increase your chances of success. **In order to practice, students need a physical approved by the school's nurse and a parent permission form given to their coach.**

We practice on Monday, Tuesday, Thursday and Friday. Practices consist of running various distances on the school grounds or around the Mead community. Practices start right after school and conclude at 4 o'clock, so that runners can catch the late bus to take them home. For practices, runners need their PE uniform or other running clothes and we suggest a good pair of running shoes.

Home meets start approximately 3:15 and are run on our school grounds behind Mead. Away meets will start about the same time. Busses will take the runners back and forth to the away schools and will return approximately 5:00. (Due to traffic and length of some races, time may vary.) It is extremely important that the runner has arranged a ride home from the meet; parents can take them after their race, or be picked-up or walk home from the school. Runners will compete against their own grade and gender. Each race takes approximately 20 minutes. Meets are only cancelled due to lightning only, we run in the rain and snow, so be prepared.

Although a few people think of Cross-Country as just running, we believe it is much more. It is a group of individuals becoming a team through hard work and focus. Cross-Country builds character and commitment towards a common goal of achieving your best. It builds dedication and endurance for other activities in life. Running is a sport, the first sport, but it is also a lifestyle. Mead Junior High has a successful program, become part of the success of **Mead Cross-Country!**

Coaches

Mrs. Amos , Mr. Clark, Ms. Busato Mrs. Porzel

## 2021 Schedule

August 23	First Practice
August 27	Parent Meeting at 3:45 in the gym
September 5	Mead @ Eisenhower
September 7	Addams/Lincoln Prairie @ Mead
September 9	Mead @ Keller
September 14	Frost @ Mead
September 21	Eisenhower @ Mead
September 23	Mead @ Keller
September 28	Keller/Lincoln Prairie @ Mead
September 30	Mead @ Frost
October 4	D54 Conference Meat @ Hoover