

# Cross Country Fall 2015

This is a friendly reminder that the Lincoln Middle School Cross Country season is fast approaching. Anyone interested in conditioning we are currently meeting at Rolling Hills behind the water park at 8:00 am We will be finished about 9:15. We meet Monday- Friday. **The team will officially begin practice Monday, August 24 at the middle school, see below.**

**In order to participate on the first day of practice, Monday, Aug 24, athletes MUST have all of their responsibilities taken care of in the athletic office BEFORE they report to the team.**

1. You must have a current sports physical turned in to the LHS athletic office. (this includes 6<sup>th</sup> grade)
2. You must have all parent release forms filled out and returned to the LHS athletic office. (this is part of the physical form)
3. 7<sup>th</sup> & 8<sup>th</sup> gr, you must have your \$100 athletic participation fee paid in the LHS athletic office.
4. 6<sup>th</sup> grade, you must have your \$35 participation fee paid in the LHS athletic office. (this is a per sport fee, there is an additional fee if the athlete participates in Track in the Spring)

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## **Our first three weeks of practice:**

### **Wear your running shoes and be ready to work and have fun!**

**Monday, Aug.24- Thursday, Aug 27 7:00 - 8:15 PM Meet near LMS Tennis Courts**

**Friday, Aug 28** We will not meet, but athletes are expected to run on their own.

**Monday, Aug 31- Thursday, Sep 3 7:00 - 8:15 PM Meet near LMS Tennis Courts**

**Friday, Sept 4** We will not meet, but athletes are expected to run on their own.

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**Monday, Sept. 7** We will not meet, but athletes are expected to run on their own.

**Tuesday, Sept. 8 - Friday, Sept. 11 2:50 - 4:15 PM Meet in blue hall way after school, bring all of your belongings with you. You will not return to lockers or other parts of the building after practice. Your books, instruments and other belongings will be locked in a classroom during practice.**

**\*\*\* This is the first day of school, and we will start practicing at our normal time (2:50-4:15 PM every day unless there is a meet scheduled, that is Monday-Friday). Once school starts Athletes will be picked up at the front doors to the middle school.**

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For more information contact Coach Guziel: Email: [guziel@lincoln12.org](mailto:guziel@lincoln12.org) Home #: 734 - 480 - 1368

**School # (starting Sept.3): 484 - 7000 Ext. 2033**

## **Fall 2015 Schedule:**

Sat Sep 12 X-C Team picnic HS Coach Gonzales house 2:00pm

Wed Sep 16 SEC#1 Jamboree Saline (Mill pond park) 2:50pm

Sat Sep 26 Monroe Jefferson Sterling Stare Park 11:30am

Thur Oct 1 SEC#2 Jamboree Dexter, Hudson mills 2:45pm

Thurs Oct 15 SEC#3 Jamboree Monroe (Munson Park) 2:45pm

Sat Oct 17 Dave Bork Classic Monroe 9:00am

Sat Oct 24 Airport Inv Airport HS, Carleton 8:15am

These times are the time we will be departing from the Middle School not the start of the race. If race times change the departure times may change. Most should remain the same. This is to help you plan your crazy fall schedules. Athletes are only transported by school bus on the Wednesday meets, parents car pool and drive athletes to the Saturday meets.

# **Lincoln Middle School Cross Country**

## **Team Rules**

1. Maintain a satisfactory academic standing at all times.
2. Represent yourself and your team in a positive manner at all times.
3. Support your teammates at all times.
4. Work hard and do your best at all times, including workouts that are “on your own.”
5. Attend all scheduled practices and meets. “Drop-Ins” will not remain on the team.
6. Participate in and support all of the team’s fund-raising efforts.
7. Schedule your rides so that you can get picked up from practice between 4:15 & 4:30 PM. Athletes should not be hanging around the school late after practice on a regular basis.

## **Required Equipment**

1. **Running Shoes** – This is a MUST. Athletes who try to train in basketball or cross-training shoes will very quickly develop injuries. Shoes needn't be overly expensive, but it is essential that you make sure you get a good fit. The best places to get shoes are at "The Tortoise & Hare" or "Ann Arbor Running Company." These are running-stores with a trained staff that can help you select the best shoes for your feet and running style. They are a bit more expensive, but they do offer a 10% discount for local athletes. If you need a less expensive option, Dunham's and Famous Footwear are excellent places to find good-quality running shoes, often at clearance prices. The worst running shoes will always be better for you than the best basketball shoes. Just make sure they fit correctly.

2. **Wrist Watch** – Each athlete should wear a watch to practice every day. It is important for athletes to learn how to establish a proper running pace, and everyone should be able to monitor this during daily workouts. Additionally, we may sometimes run for a predetermined time instead of a specific distance, and you will need a watch so that you know when to turn around if you do an out-and-back run. A digital watch with a stopwatch feature is preferable, but even a simple \$1 watch from the Dollar Store is fine.

3. **Water Bottle** – Each athlete needs to bring his/her own water bottle to every practice and meet. Put your name on it, so that it can be easily identified. During our runs, we will have a designated place to leave the bottles, so it is important that you know which one is yours. **Please do not share water bottles with your friends, as this is not a sanitary practice.** Any clean bottle is fine. You should be drinking water regularly throughout the day as well, not just at practice!

4. **No iPods or Cell phones at practice**- All electronics with the exception of watches should be kept with your books and should not be seen out at practice.

5. **Weather-Appropriate Clothing** – We will run outside **EVERY DAY**, regardless of the weather. The only exceptions will be tornado warnings or lightning. We run if it's hot; we run if it's cold; we run if it's raining. **Check the weather report and dress accordingly.** It would be a good idea to keep a light jacket or sweatshirt in your locker for cooler days and also keep a couple extra pairs of socks as well. If your shoes get wet, take them home and try to dry them out right away. Don't let them sit and rot in a locker.

6. **Royal Blue Warm-up Pants or Sweats** – *If possible*, each athlete should get a pair of royal blue warm-up pants that he/she will use as part of their warm-ups during meets. We will offer team sweat shirts for purchase if you are interested.

7. **Uniform** – Uniforms will be provided to each athlete to use during the season. They will be collected immediately after the last competition of the year, so bring a change of clothes to that meet so you have something to wear home. If your uniform is lost, you will be charged the full replacement cost of \$35 (Shorts = \$12, Jersey = \$23). If your uniform has been damaged or severely faded due to mishandling or incorrect washing, you may be charged a fee appropriate to the level of wear. **It is highly recommended that you hand-wash your uniforms in cold water and hang them to dry.**

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Jennifer Guziel  
Lincoln Middle School