

RICHWOOD MIDDLE



RAM PRIDE

Richwood Middle School Cross Country 2022

Here are a few things you need to know before next season:

- ❖ The boys and girls cross country team will be composed of 6th, 7th, and 8th graders
- ❖ Athletes must have a completed physical to participate in actual meets. (Primary Health Care will provide free physical examinations)
- ❖ Practice will begin Monday 8/17/22 at 3:30 pm -5:00 pm
- ❖ Practice days - Monday, Tuesday, Wednesday & Thursday 3:30 pm-5:00 pm
- ❖ Meets- We are scheduled to participate in (6) meets
 - Meets are scheduled for Saturday Mornings
 - Dates and locations TBD
- ❖ Attire – shirts & shorts, sneakers- please have socks and a good pair of **running shoes** (not spikes).
- ❖ Bus – There will be **no bus** for cross country. This means parents are responsible for picking up their children at the end of practice, and also bringing them to and from meets.
- ❖ Fees- No inherent fees at this time, but that is subject to change. Runners will pay for their way into each individual meet (usually \$5). Entry fee for the state meet is higher.
- ❖ The parish will offer voluntary Student Accident Insurance. You can accept or decline the coverage. The parish requires parents to accept or waive the coverage in writing prior to student participation.
- ❖ A parent meeting will be scheduled in August to discuss program expectations and required documents.

We are looking forward to an exciting season.

Orlando Freemont, Principal
Brian L. Schaffer, Athletic Director

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