

SMS CROSS COUNTRY FAQ's

Who can participate? Any SMS K-8 student or Religious Education student (participating) may join the team. Runners must be able to make at least 1 scheduled practice per week.

Do runners have to be “athletic”? No, there is a place and success path for every single runner, regardless of size, speed or previous experience. The approach is to train runners to focus and compete against themselves and improve themselves, this works! SMS CC has achieved 100% success every season in regard to runners improving their times.

How long is the season? Practice will be from 3:00-4:15 (Mondays-Wednesday) on August 20th. Kindergarten will begin practice on Wed. Sep. 5th. The season is complete on Sunday, October 14th upon completion of the final meet @ Overbrook.

When/Where are the meets? SMS competes in the Nashville DAC (Diocesan Athletic Council) parochial league and all official meets are held at Overbrook School (Sunday, Sept 23rd - October 14th). All meets begin @ 1:00 sharp. TIP: Arrive early! CC season parking passes are available for \$20.

How much does it cost? Athletic registration fees are \$20 for CC as set by the SMS Athletic Booster Club (SMSABC). K-6 runners are required to wear a uniform which cost \$22. Payment must be received during the first week of practice unless other arrangements are made. All checks should be payable to SMSABC.

How do we communicate? Primarily, you will receive information via email from jtuerff@bellsouth.net or SMSCC@comcast.net. Please add this address to your email address book to avoid spam filters. All attempts are made to send emails with “blind copy” so that your email addresses are not viewable. Cross Country also has a web page on the school web site that will be utilized for downloading of forms required and also for posting of race results, generally on Sunday evenings. Race Recaps with team/individual remarkable accomplishments (equal press is awarded to Top 10 race finish positions as well as Most Improved times) will be emailed following races and also posted in the cafeteria. ALL written communication/payments may be sent via backpack ATTN: SMSABC/CC as we have a mailbox in the school office. To add/change/remove an address the from CC email list, please send a request to SMSCC@comcast.net

What is a DAC Physical Form? SMS is required to possess a physician signed physical form for every athlete who participates in DAC sanctioned athletic programs. New forms are required at the beginning of each school year. In most cases, if your child has had a recent physical then the physician will sign the form upon request. SMSABC sponsors “Physical Day” in May that will allow athletes to complete this requirement. It is not possible for an athlete to participate in practice or events without this form.

Practice Information:

- No practice on Labor Day
- Practice groups are split (K, 1-2, 3-6, Varsity)
- Any runner who approaches a coach regarding physical issues (light-headed, breathing issues, headaches) will immediately be removed from practice activity and moved into a shaded area. This also will happen if a coach believes that a runner is experiencing any issues.
- Practices will never be cancelled BUT please feel free to pick up early on days when the weather includes lightning, there are too many runners to practice in the gym effectively.
- Runners should bring their comfortable clothing /shoes for practice. (School “whites” will get dirty!)
- Water is provided, do not bring water bottles
- Pick up students at the gym always and enter the facilities from the Timberline entrance as the driveway can be very congested with runners.
- K-2 runners always remain on SMS property and are training to run ¾ mile during meets.
- 3-6 runners train in the Timberline subdivision and will run 1 mile during meets
- Varsity will train on and off site as determined by coaches. Varsity competes at 1 ½ miles
- Popsicles are generally a reward for good effort and conduct during practice. They are paid for by optional contributions by parents. Typically, it costs about \$25 per practice. Donations may be made by adding to registration fees or by sending a check to SMSABC via the school office.
- K-2 parents are welcome to attend practices and help provide “lookout” support as the team will utilize every corner of the St Matthew property, including parking lots.

What is the Code of Conduct Form? This form is intended to secure the safety of every cross-country participant. Safety of student athletes is our primary concern. Behaviors that distract the coach/volunteer from their athletes or put fellow athletes at risk are behaviors that compromise safety. Each parent and athlete must sign to participate.

Cross Country T-shirts:

T-shirts are provided by SMSABC as a reward for participation in SMS Athletics. If a runner competes in a scheduled meet then they may wear their t-shirt to school in place of their polo type shirt on the Monday following the race. No t-shirts can be worn with winter uniforms.