

# SFA CROSS COUNTRY

## **Parents:**

Students participating in a sports activity must have these documents on file with the SFACS Athletic Director. Students are not eligible to practice or play in games until these documents are received:

1. Parents Questionnaire on SFACS Athletic PowerPoint
2. Student Sports Physical, dated after May 1 of current year or later
3. Parent Athletic Contract
4. Student Athletic Contract
5. Sport Fees and the Student Sports Physical are due to the Athletic Director prior to the first day of practice
6. KSHSAA Concussion & Head Injury Release Form

## **Who can participate in Cross Country?**

6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade Boys and Girls are permitted to participate in Cross Country.

## **Coaches:**

Parents interested in coaching are invited to submit a Coaching Application to the Athletic Director. **All volunteers must be VIRTUS certified.**

## **Cross Country Practices/Locations and Schedules:**

- Announcements of meet results will be posted on the SFA website and announced through School Communications (i.e. FLASH).
- Bad Weather Cancellations – will be communicated by the coach.

## **Cross Country Fees:**

- \$25 per student.

## **Uniforms:**

- Uniforms will be issued before the season begins.
- Uniforms are green and white Westside Eagle Uniforms. Cross Country Uniforms **may not** be worn on Spirit Shirt and Jeans Day.
- Sport t-shirts may be purchased by team members during the Cross Country Season at an additional cost to the player. The sport t-shirts may be worn on Spirit Shirt and Jeans Day.

## **Meets:**

- Approximately 6 meets
- 6<sup>th</sup> and 7<sup>th</sup> Graders run 1 mile; 8<sup>th</sup> Graders normally run 2 miles.
- Top five finishers contribute to a team score.

## **Please note:**

The School Office does not keep schedules of practice times or games. For this information, contact the Coach directly.