

# BALLOU CROSS COUNTRY 2019

## "I CAN GO THE DISTANCE." -HERCULES

**WHAT:** RUN FOR FUN AND COMPETITION

**WHERE:** BALLOU JUNIOR HIGH AND NATHAN CHAPMAN TRAIL

**WHEN:** SEPT. 4<sup>TH</sup> FROM 2:20-4:15 THE FIRST DAY OF SCHOOL – MEET IN PORTABLE 4

**WHO:** 7TH AND 8TH GRADE GIRLS AT BALLOU

Welcome to Ballou's Cross Country team! Practices start the first day after Summer Break so be sure to be cleared by Ms. Ferguson PRIOR TO PRACTICE.

### PRACTICES

**START:** September 4<sup>th</sup> and go from 2:20 – 4:15. We practice Monday-Thursday and some Fridays (No Activity bus on Friday)

**HOW MANY MILES IS IT?:** Meets are less than 2 miles!

**WHO IS THE COACH?** Ms. Pritchard

THIS SPORT IS FOR EVERYONE, NO MATTER IF YOU ARE SLOW OR FAST.

**THIS SUMMER:** Begin by running 1-2 miles every other day. Cross train on your off days by hiking, biking, completing a workout video or anything else that you like to do that's active and fun. Make sure you build in a day of relaxation for your body to recover!

### BEFORE WE START

You will need to bring the items listed on this page to Ms. Ferguson in room 121

You must be cleared by her BEFORE you can begin to practice.

What does this paperwork include?

- 1) Up to date physical signed by your doctor;\*
- 2) Insurance information and agreement to abide by the Puyallup School District Athletic Code\*
- 3) Athletic eligibility form
- \*4) Concussion Awareness form

\*Note: ALL OF THESE CAN BE FOUND IN THE PSD ATHLETIC PACKETS.

Remember: Physicals are good for 24 months! BUT the insurance and athletic eligibility forms must be updated every new school year!!!

### WHAT TO BRING TO THE FIRST PRACTICE

- 1) Running clothes, shoes, a snack, and water. \*\*\*We will practice regardless of the weather so come prepared for all possibilities.
- 2) Your signed Running off Campus Permission Slip and your signed Gear Check form to Coach Pritchard.

### PRE SEASON PARENT MEETING

There is a brief Cross Country Season Parent Meeting scheduled for Tuesday, September 3<sup>rd</sup>. The presentation will begin @ 4 PM in Portable 4. Here you will meet the coach, learn about practice formats and cross country meets.

## **BALLOU CROSS COUNTRY EXPECTATIONS**

If an athlete skips a practice or the absence is unexcused, unfortunately, he/she will not participate in the next meet. The player will be removed from the team on the second offense. For everyone's safety, we need to know where you are at all times!

If a player knows he/she is going to be absent, late, or needs to leave early from practice, personal contact with a coach is required with a note or email from your parent/guardian

**Athletes who leave practice early with a parent will NOT be allowed back into the locker room before 4:15 PM, so please plan accordingly!**

## **MEETS**

All athletes are required to come to all meets IF THEY ARE ELIGIBLE to participate in the meet.

If they are NOT eligible, they will not travel with the team.

You will also need to ride the bus to each of our away meets.

Parents who wish to take their athlete directly home from an away meet are encouraged to do so BUT please NEVER (EVER) leave a meet without FIRST checking in with the coach, introducing your parent, signing out, and getting the coaches acknowledgement that they are aware that you are leaving.

## **Those athletes who ride the bus back to school:**

Once on the bus, you will be prompted to text/call their parent/guardian letting them know that we are on our way. This is so that their ride is there by the time we get to Ballou.

ATHLETES MUST BE PICKED UP WITHIN A REASONABLE AMOUNT OF TIME AFTER OUR RETURN TO THE SCHOOL (15-20 minutes) if unable to ride the activity bus. If this cannot occur, they will NOT be allowed to travel with the team.

## **SPORTSMANSHIP**

Demonstrate sportsmanship at all times: toward teammates, toward opponents, toward officials. **We are Bruins after all!!!**

Behaviors and attitudes that negatively impact the team will be grounds for dismissal from the program

## **REQUIRED FEES**

ASB Card (\$30.00) or a Per Sport User Fee (\$10.00) -AND-

Athletic Fee \$40 (Students who qualify for free or reduced lunch receive a reduced fee. See office for details.)

If a student has not purchased an ASB yet this year, they can pay the user fee (\$10/\$5 reduced) instead, along with the athletic fee (\$40/\$20 reduced)

**Questions?!** Feel free to email your Cross country coach, Amber Pritchard at [pritcar@puyallup.k12.wa.us](mailto:pritcar@puyallup.k12.wa.us)

# September 2019 XC Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Parent Meeting 4-4:30 in P4	4 Practice 2:25-4:15	5 Practice 2:25-4:15	6 Practice 2:25-4:15	7
8	9 Practice 2:25-4:15	10 Practice 2:25-4:15	11 No Practice	12 Practice 2:25-4:15	13 Practice 2:25-4:15	14
15	16 Practice 2:25-4:15	17 Practice 2:25-4:15	18 Practice 2:25-4:15	19 Practice 2:25-4:15	20 No Practice	21
22	23 Practice 2:25-4:15	24 Practice 2:25-4:15	25 Practice 2:25-4:15	26 Stahl @ Ballou 3:00	27 No Practice	28
29	30 Practice 2:25-4:15					

# October 2019 XC Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Ballou @ GV 3:00	2 Practice 2:25-4:15	3 Edgemont @ Ballou 3:00	4 No Practice	5
6	7 Practice 2:25-4:15	8 Ayleen @ Ballou 3:00	9 Practice 2:25-4:15	10 Kalles @ Ballou	11 No Practice	12
13	14 Practice 2:25-4:15	15 Ballou @ Ferucci	16 Practice 2:25-4:15	17 Practice 2:25-4:15	18 No Practice	19
20	21 Practice 2:25-4:15	22 Conference at Bradley Lake 3:00	23	24	25	26
27	28	29	30	31		

## GEAR CHECK OUT AGREEMENT

The following is gear that is owned by Ballou ASB and checked for the season. If they are lost or damaged, the replacement costs are listed below:

Singlet (\$30)

Shorts (\$20)

Warmup Jacket (\$50)

Warmup Pants (\$30)

All athletes and parent/guardians: Please sign and return on the first day of practice!

*We agree to abide by the expectations as well as understand the costs of replacement gear checked out to your athlete.*

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Name of Student (Please Print)

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Name of Parent/Guardian (Please Print)

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Signature of Student

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Signature of Parent/Guardian

## RUNNING OFF CAMPUS PERMISSION SLIP

Our Cross Country Team will be participating in training runs on trails, streets, and neighborhoods adjacent to Ballou Junior High during practice throughout the 2018-2019 school year. These areas include Nathan Chapman Trail, the neighborhood across the street, 94th and the surrounding 3 mile radius to Ballou Junior High.

Please note that we will travel by foot as a team to and from the destination and will return to Ballou by 4:15pm.

I hereby give my student permission to participate in the above listed activities.

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Name of Student (Please Print)

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Name of Parent/Guardian (Please Print)

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Signature of Student

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Signature of Parent/Guardian