



# NWMS CROSS COUNTRY 2023



## TEAM COMMITMENT POLICY (AGREEMENT REQUIRED TO JOIN THE TEAM)

- By joining NWMS Cross Country, you are committing to a SCHOOL TEAM sport and agreeing to attend all practices and meets. If you have to miss a meet to attend another team's practice or competition, you will be dismissed from our team. In the event of a schedule conflict with other sports at any point throughout the season, NWMS Cross Country will have to take priority.
- Please note that coaches are always understanding of unique circumstances that come up - this team commitment policy is in place to help ensure you do not over-commit as an athletic family this season.

## COACHING STAFF

### Head Coaches

JJ Cooper - Boys Head Coach  
[john\\_cooper@nobl.k12.in.us](mailto:john_cooper@nobl.k12.in.us)

Taryn Willson - Girls Head Coach  
[taryn\\_willson@nobl.k12.in.us](mailto:taryn_willson@nobl.k12.in.us)

### Assistant Coaches

Jason Smith & Jaime Rychener & Pat Moor

## PART 1: REGISTRATION (REQUIRED TO JOIN TEAM)

- Please scan the QR code and register if you have not done so already!



## ABSENCES

Anytime your athlete will not be at practice or a meet, please email the appropriate head coach. Having this information in advance helps us ensure your athlete is safe after school. Thank you!

## PART 2: ELIGIBILITY/ATHLETIC PAPERWORK (REQUIRED TO JOIN TEAM)

- ❑ Visit <http://nwms.noblesvilleschools.org> → Athletics → Athletic Documents & Forms
- ❑ Athletic physical form must be completed on paper by a physician after April 1st, 2023 and submitted to the Final Forms website.
- ❑ Complete all other athletic paperwork by visiting <https://noblesville-in.finalforms.com> (instructions are on the athletic documents and forms website)

## PARENTSQUARE APP

Coaches are going to use the ParentSquare app to send out important messages throughout the season. This may include practice/meet cancellations as well as bus return times from away meets. Please download the ParentSquare app for this season.

## TEAM PRACTICES

- First practice is Monday, August 7th - report directly to the locker room at 3:40. Coaches will confirm each athlete's Final Forms status online. Remember everyone should always bring a labeled water bottle and proper running shoes and clothing every day!
- Practices are MANDATORY! Always refer to our team calendar - practices will end at 5:00pm. Girls should be picked-up using the north athletic entrance (across from the football field) and boys should be picked up using the south school entrance (near the tennis courts) - co-ed carpools should be picked up using the north entrance as well!

## TEAM RULES

Athletes must follow the rules of conduct set forth in the NWMS Student Handbook. An NWMS student-athlete should be a respectful citizen at all times. Inappropriate behavior will not be tolerated. Disobeying team rules will result in dismissal from the team.

## CROSS COUNTRY MEETS

- All team members will get to participate in all cross country meets as long as they can complete our 3K course without stopping to walk.
- For all meets this season (home and away meets), athletes will remain after school with coaches until the bus departs (for away meets) or the meet begins (for home meets). Parents who wish to take their athlete home with them after an away meet in lieu of riding the bus back to NWMS will need to complete the transportation release form (which is valid for the entire season). Coaches will share the form when it's ready.
- As soon as your athlete has completed their event for the evening (both home and away), they will be free to leave after they tell their coach. Ribbons/awards will be distributed at a later time in the week.

## STRIKES

To handle disciplinary issues, coaches use a "three strikes, you're out" system. Disciplinary issues include, but are not limited to, unexcused absences from practices or meets, inappropriate behavior or language, or disrespecting a coach or another athlete:

**Strike 1:** Verbal warning from head coach - the athlete is required to inform their parents.

**Strike 2:** Second verbal warning from head coach - a parent will be notified by the head coach.

**Strike 3:** Athlete will be dismissed from the team.



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## INJURIES/SICKNESS

- If an athlete becomes injured during practice or a meet, they should first notify a coach and then seek help from our athletic trainer. The athletic trainer will notify parents of any recommendations to see a doctor or specialist. Athletes may not be able to participate in meets if on the injured list.
- Our athletic trainer will treat athletes to assess injuries - athletes should only report to the athletic trainer if directed to by a coach.
- If your child is diagnosed with COVID at any point during the season, Community Health recommends they complete a 3 day return to play protocol once they return to school, to ensure their symptoms don't arrive with activity. This is per Community Health Network policy put in place to ensure safety upon return. This doesn't mean your child won't need to see a physician if their symptoms are moderate or severe or if they struggle with the exercise protocol.

## UNIFORMS

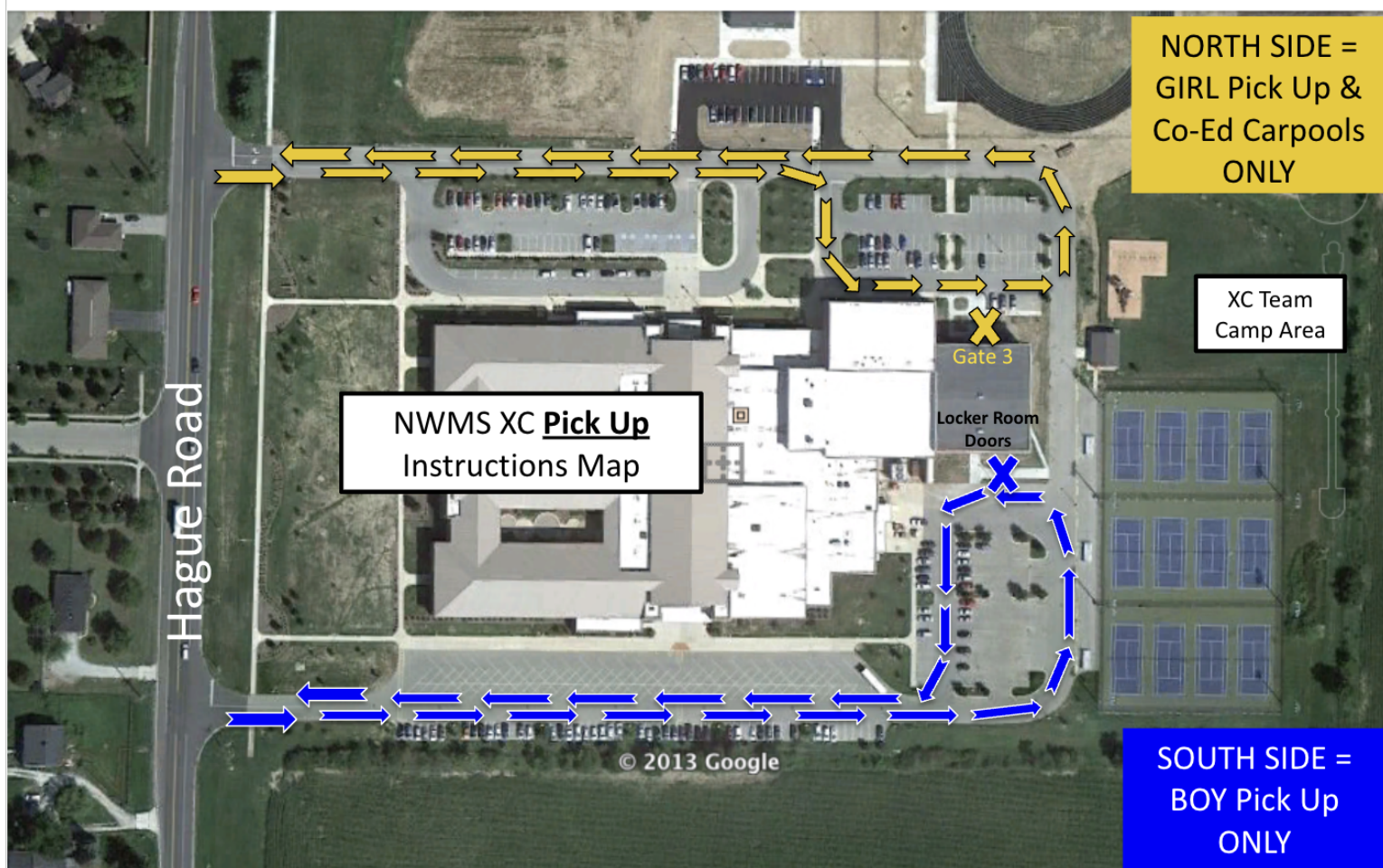
Each team member will receive a school jersey. They should be returned in the same condition. If lost or damaged, the replacement fee is \$55. Always machine wash cold and hang to dry (never put uniforms in the dryer - it ruins the lettering).

You must provide your own pair of SOLID BLACK running shorts - if you do not own a pair, then you may purchase some from our online team store at the beginning of the season.

## SPIKES/TEAM SPIRIT WEAR

- CC spikes can help at cross country meets, but are not required. Spikes can be purchased at sporting goods stores or online at [www.firsttothefinish.com](http://www.firsttothefinish.com). Team t-shirts and solid black uniform shorts will be available for ordering during the first week of the season.

Girls XC parents are to use the NORTH entrance off of Hague road to enter and exit for pick up.  
Girls can be picked up outside of the Gate 3 athletic entrance.



Boys XC parents are to use the SOUTH entrance off of Hague road to enter and exit for pick up.  
Boys can be picked up outside of the locker room by the tennis courts.