

Dear JHMS Parents and Students,

The Cross Country season is upon us! Cross Country is a fantastic sport that develops endurance in its participants, a skill that translates to all other athletic activities. The goal of each season is to introduce and build upon students' abilities in relation to long distance running. Athletes will learn how to breathe properly while running; develop a pace they can handle to be successful in their races and to experience the thrill of competing in a sport for their school.

The JHMS Cross Country Team consists of a varsity and junior varsity girls and boys team. At the county level, awards are given for individual accomplishments, gender/grade level team accomplishments and overall school accomplishments. Developing a sense of team unity will be our top priority. Middle School Cross Country consists of boys and girls **varsity running 2 miles** and the boys and girls **junior varsity running a mile and a half.**

The season consists of four "tri-meets" (where we will run against two local schools) and culminates with the countywide meet that will be held at **Lake Mary High School on Saturday, Dec. 12th.** It will last from approximately 8:00am -11:00 am. Junior Varsity will run first. Registration for the county meet will be completed by the coach.

All JHMS Cross Country team members are required to have a **completed medical release form** (a new form is required for each sport) and a **physical form on file** with the school (this could have been submitted at any time during the 2015 – 2016 school year or can be obtained now). There is an **individual fee of \$50.00** to participate. This will cover the cost of the county fee and allow us to purchase shirts for the students to wear which they will be able to keep. **Make checks payable to JHMS.** Team members are also required to **maintain a 2.0 GPA** and exhibit **good behavior** at school, as well as, during the actual practices and meets themselves. **Unacceptable behavior and/or a breach of the SCPS Code of Conduct will not be tolerated and will lead to dismissal from the team.**

Attached/ on our eCampus page you can find a 2015 Cross Country practice and meet schedule. We realize that many student athletes play in one or more organized sports outside of school. **Practices will be held on Monday and Friday mornings from 8:00am- 9:00am... and Wednesdays from 3:00pm-4:00pm until meets begin** ... practices are **mandatory.** If a student misses a practice and it is unexcused then they will not be able to participate in the upcoming meet. Please let us know of any schedule conflicts that exist with the county meet as soon as possible and no later than November 1st, so that we may prepare the teams accordingly. Failure to attend the county meet once you have committed to it could have a devastating impact on a team that has worked very hard to improve all season.

Please contact coach if you have any questions. We are looking forward to an exciting and fun season!

Coach Furgione
Ashley_Furgione@scps.k12.fl.us

Please cut the above line and return this lower portion, indicating that you have read and understand this letter and the practice schedule.

Please also visit our eCampus page for further information/ to complete the XC Survey!

_____ I currently know that my student/athlete has a scheduling conflict with the county meet on Dec. 6th.

_____ I am willing to help out during _____ Monday and/or Thursday afternoon practices.

_____ I am willing to help out by bringing snacks and/or drinks (water) to the tri-meets.

Student Signature: _____

Parent/Guardian Signature: _____

Phone #: _____ Email Address: _____