

El Paso-Gridley Middle School Girls & Boys Cross Country



2024-2025

Girls & Boys Head Coach: Mike Heffron

Welcome

Welcome to the El Paso-Gridley Middle School Cross Country program. Your participation shows that you have made a commitment to your teammates, your school, your coach, and yourself. The following guidelines will help make your participation a positive experience.

Philosophy

The opportunity to participate in EPGMS Cross Country is a chance to discover yourself, gain self-confidence, and realize your potential. The sport of Cross Country focuses on both individual and team goal setting. It is a sport where a consistent work ethic, dedication, and teamwork will guarantee success. Cross country develops an athlete's overall cardiovascular fitness and gives each individual a strong athletic foundation for other sports and activities. While providing an introduction to the sport of running with an emphasis of positive encouragement, the EPGMS Cross Country program also stresses honesty, cooperation, dependability, and respect for others – contributing to each athlete's social and emotional development and providing benefits to participants which will reach far beyond this sport and this season.

Practices

Runners are required to attend all regularly scheduled practices. Practice schedules will be available at the beginning of the season. Practice times or locations might need to be canceled or altered during the season, but coaches will strive to communicate changes promptly. Any Saturday practices will not be mandatory but if scheduled, will be strongly

encouraged. Runners not attending Saturday practices will be expected to work with their coach to determine appropriate running and/or training they should do on their own.

Runners should be present and ready for practice at the scheduled time. Runners should always be prepared to run outside and should dress appropriately. We will practice outdoors in many types of weather, and while workouts might be adjusted according to conditions, practice will generally be canceled only when our runners' safety is in question. When in doubt about cancellations or other changes to the practice schedule due to weather, please check the school website.

Practices will be in Gridley and sometimes El Paso, and will occasionally be held at our home meet course or elsewhere. Shuttles will generally be available for weekday practices depending on practice times and locations. Shuttles will NOT run for practices scheduled on Saturdays or non-school days. Refer to your practice schedule or check with your coaches on shuttle availability.

Meets

Runners are expected to attend all meets. All runners will have the opportunity to participate in each of our regular season meets.

Runners must be on time for the bus for meets. Bus times are listed on the meet schedule.

Runners should wear their assigned uniform and bring their running shoes and spikes. Be prepared to be outside before and after your race. Bring sunscreen for sunny days and appropriate clothing (warm-up jacket, pants, hat, gloves, etc.) in case the weather is cool.

Bring water and a healthy snack if desired. We generally have volunteers sign up to bring post-race snacks and drinks for the entire team, but it is a good idea to bring your own water and pre-race foods.

Be respectful and friendly to fans and runners from other teams. Cheer for all runners in all races. Support and encourage your teammates while they are running.

Runners must have a parent or family member sign them out if they are not riding the bus home following a meet.

Meet cancellations will be posted on the school website. If an away meet is canceled, practice may be held in Gridley after school if the weather is not severe.

Equipment

Each player will be issued a race jersey and race shorts, as well as warm-up clothing. You are responsible for taking care of these clothing items and returning them at the end of the season.

Eligibility

Prior to any practice, all participants must have evidence of a current physical exam by authorized medical personnel. Other required paperwork must be on file with the school in order to participate.

El Paso-Gridley Middle School has academic eligibility requirements for all extra-curricular activities. Coaches receive weekly progress reports from the Middle School staff. Runners not meeting academic requirements will be disqualified from participation according to the student handbook.

Runners receiving an unsatisfactory notice (grade of D) will be required to consult with the appropriate teacher and ask for assistance in that subject. Upon request, the athlete must present the coach with a signed slip from that teacher letting the coach know that the player consulted the teacher for help.

Students must be in attendance a ½ day minimum on the day of an extra-curricular activity in order to participate. This includes meets and practices. Pre-scheduled doctor or dental appointments may be exceptions. If in doubt, please refer to the school policy and/or contact the EPG Middle School office.

Volunteering

Becoming involved as a family helps to inspire our athletes and our team. It also helps the coach focus on coaching while also helping to keep costs of the program at a minimum. Please consider showing your support as a parent by not only attending meets, but also volunteering at our home meets.

Parents are encouraged to help at all of our home meets, but especially our EPGMS Invitational held in early September. If you would like to become involved in other ways (timing, record keeping, website maintenance, etc.) please contact a coach. All assistance is greatly appreciated!

General Information

Report all injuries, illnesses, and other conditions that may require medical treatment to the coach. There should be regular dialog between coach and athlete regarding a runner's health and fitness. Please be proactive in approaching your coach on any questions about soreness, pain, etc. Arrangements to see an athletic trainer can be made through the coach. Communication is key to receiving appropriate guidance and care.

Strive to be a positive influence in the community at all times. Be thoughtful and kind with any comments about other runners or teams and use caution if you choose to share anything electronically (through texting, Instagram, Twitter, Facebook, and other forms of social media). Remember that you are representing your school, your coach, and your team.

The focus of your coaches is providing a foundation for a lifetime of physical fitness and healthy activity in an encouraging and positive environment. We look forward to working with each and every individual toward personal and team goals, and we appreciate your support in our mission.

If you have questions or concerns about anything, please contact your coach.

Contact Information:

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