

## **Cross Country**

My name is Amy Littlefield, this is my second season working with cross country at Mohave and I am thrilled to take over as head coach this year! Please make note of a few important things as we head into the season:

1. Cross country does not have a Tier 1 and Tier 2, so everyone runs the entire season
2. Pick-Up for Cross Country will be at the bus lane behind Mohave. Please arrive a few minutes before 4pm so we can get everyone out on time.
3. Students should bring ALL of their belongings out of the locker room and meet as a group outside the entrance to the gym before practice.
4. We will have one practice where we walk to Chaparral Park to walk the meet route leading up to the meet on 2/5 however pick-up will still occur at Mohave.
5. **You must have a signed off-campus permission form to walk with us to the meets and practice at the park.**
6. We will have a grade check on 2/13. **If you are not eligible at this grade check, you will not be eligible to compete in finals.** I'm terribly sorry, but that is the way our athletics calendar timed out this year.
7. We have 4 total meets:
  - a. 1/27 @ Mountainside
  - b. 2/5 @ Chaparral Park
  - c. 2/12 @ Chaparral Park
  - d. Final Meet 2/21 @ Chaparral Park

**We are going to have a great season!**

## **Practice Checklist**

- ☐ Athletic Shoes (no fashion sneakers please)
- ☐ Dress code appropriate practice attire
- ☐ Water
- ☐ Completed RMA registration