

# 2020 Oak Valley Cross Country Information

Welcome to the 2020 Oak Valley Cross Country season! With recent events we have all learned how precious time competing with our teams can be. We're beyond excited to get back on the course! There is a lot of information and a lot of questions and we as coaches would like to take the opportunity to address as many as possible to help parents and athletes feel more at ease.

## Practices:

- Practices will take place after school on face to face days until 4:45 for this week, then will drop to 4:30 (extra time the first week allows us time to get kids into the routine).
- For athletes missing practice for any reason we have workouts posted in our Google Classroom.

## Google Classroom:

- All athletes and even parents are welcome to join the new Oak Valley Cross Country google classroom. The code is: 7trtcst
- In Google Classroom, athletes will find a form for [sign up](#), and our [workout summaries](#) for athletes to follow.
- We will also use classroom to keep our timing sheets posted so athletes and parents can follow their progress through the season. (This is not the only way that we will communicate.)

## Meets:

- On meet days, the team will be split in two. Schedule A students will race with kids who go to school that day, and B will compete together. The A team will be the Green Team, and the B will be the Maroon Team. This will allow us to compete against the other schools in our district but have less kids all at one site.
- There can be no switching between teams.
- Our schedule will consist of two intersquad meets (Green vs Maroon) to begin and end the year. The other meets will be against Muir and White Lake, each of which is also split into two teams (total of 6 meets).
- It may be possible for a team to race on their off day. If this is the case we will not have transportation for students coming from home. They will need to get transportation.
  - Those students arriving from home will have to have their temperature checked upon arriving at the meet site. We will have a designated spot for athletes to meet the coach in charge.
- Students who are in school will have one-way transportation to the meets from school.
- 6th graders will race a 1 mile race but can choose to enter the 2 mile.
- 7th and 8th graders will run for 2 miles.
- Athletes will start in waves as opposed to starting in the normal giant pack.

- We are working on a way to live stream meets to show as many kids running for parents as we can while still running the meet. Hopefully more info on this to follow. Unfortunately we can not have spectators at our meets.

**Safety:**

- All workouts are being conducted with proper social distancing
- It is important that athletes bring their own water bottle to practices.
- As of now athletes need to wear a mask while at practice. They do not need them while they are working out or competing.
  - Athletes definitely should bring a mask to meets and practices as there will be times when they are not running that they will need them.
- Shoes: As always it is important to have a good pair of running shoes to help prevent injuries. There are several running stores that will help you if you mention that you run for Oak Valley Middle school. Some offer discounts to school runners. They will help you get a shoe to fit your stride, however oftentimes even Dick's Sporting Goods and other places offer school discounts on running gear.
- It is important that athletes follow our stretching routine even on days when at home. Some of the activities are designed for injury prevention and need lots of reps to be effective.

**Physicals:**

- Athletes need to turn in their athletic physicals to either the office or to the coaches.
- This year the MHSAA has created a waiver that allows parents to use their 2019-20 physical for the 2020-21 season if they fill out a [form](#).

**T-Shirts:**

- For cross country we order matching shirts every year. These are for you to keep. Athletes are registering sizes as they sign up since we need to get the orders out quickly. Shirts will cost \$15. Checks can be made out to Oak Valley Middle School.

**Staying Connected:**

Parents/athletes can sign up for text updates by texting @OVrun to the number 81010 or by clicking [here](#).

**Coaches contact info:**

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We know this is a lot of info but we also know there are a lot of questions. Please do not hesitate to contact either of us if you need anything. We are beyond excited to get back to working with kids and competing with Oak Valley CC!

Sincerely,

Terry Haren and Dave Browne