

Junior High Cross-Country Information

What is cross-country?

- Cross-Country running is a sport in which teams of runners compete to complete a course over open or wooded terrain faster than other teams. The courses used at these events may include grass, mud, woodlands, prairies, and water. It is a popular participatory sport, and usually takes place in during the late summer and autumn months.

Typical attributes that make a good cross-country runner include:

- Students who earn good grades
- Students who turn in all homework assignments
- Students who are highly motivated to succeed
- Students who work hard and are not afraid to do things on their own

Notice there is not a thing about how fast you need to be. The reason why is because great cross-country runners don't have to be the best athletes but they **MUST** have a strong work ethic, be extremely determined, and highly motivated individuals.

Important dates:

- **Tuesday, May 15 from 5:30pm- Introductory parent-athlete meeting**
 - Troy Junior High School cafeteria
 - A brief overview of the sport, hard copies of all necessary forms, summer conditioning schedule, and a tentative meet schedule will be discussed and dispersed.
 - If you cannot attend please contact one of the coaches.
- **Wednesday, August 1 at 8:00am- Mandatory practice begins**
 - Meet in the west locker room of Troy Memorial Stadium (nearest the city pool).
 - **All paperwork must be completed in order to participate in mandatory practices (Physical, Emergency Medical Form, Lindsay's Law form and concussion waiver).**
 - Mandatory practices will be held Monday-Friday from 8:00-9:15am until August 17. Practices from Monday, August 20 on will go from 3:00-4:15pm.

Items you need for cross-country:

- All necessary paperwork can be obtained at the introductory meeting held on Tuesday, May 15 at 5:30pm at the junior high cafeteria, the Troy City Schools Athletics webpage, or can be picked up at the junior high or high school athletic office:
 1. Physical form
 2. Emergency Medical Form (EMF)
 3. Lindsay's Law form
 4. Concussion form
 - Have all paperwork completed by early July so there will not be any delays in your ability to participate once mandatory practice begins.
 - Have a parent call before the end of the school year for a doctor's appointment.
- Items for running:
 - A proper pair of running shoes is the most important item you need. A good pair of shoes will prevent a countless number of possible injuries.
 - Shorts, t-shirt, socks, etc.
 - A watch that has a chronograph is encouraged but not required.

Contact information:

| Coaching Staff | Phone number | E-mail |
|-----------------|----------------|----------------------------|
| Kevin Alexander | (937) 405-8191 | alexander-k@troy.k12.oh.us |
| Phil Matthews | (937) 573-9843 | matthews-p@troy.k12.oh.us |
| Courtney Phelps | (937) 238-3383 | phelps-c@troy.k12.oh.us |
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| Allison Stover | (937) 751-7184 | stover-a@troy.k12.oh.us |

If there are any questions do not hesitate to contact a coach.