

**Reynoldsburg Jr. High Cross Country
Family Information**



Coach Information

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Practice Information

Summer: Practices will be 8-10:00 am, Monday through Friday at Blacklick Woods Metro Park (meet at Red Oak Shelter) starting June 4th!

**FUN RUN FRIDAYS--we will travel to various parks in the central Ohio area to do a fun run and activity (i.e. ice cream, water parks, and etc.)*

School Year: Practices will take place after school from 4:30 – 6:30 pm, Monday through Friday at Blacklick Woods Metro Park (meet at Livingston Field House and pickup at Blacklick).

*Students should be prepared to attend practice in all weather (unless an announcement is made stating otherwise).

Team Expectations

It is imperative that your child follow team expectations at all times during their participation with the Cross Country team. If students do not meet the following expectations they will be dismissed from the team:

1. Student athletes are expected to use appropriate language.
2. Student athletes are expected to show respect towards self, others, equipment, and facilities.
3. Student athletes are expected to stay in an area able to be supervised by coaches.
4. Student athletes are expected to participate fully
 - a. In order to participate in meets students must be at practice (and active) the day before the meet.
 - b. Students are expected to stay at the meet until all events have concluded to cheer on their teammates.

If students are not following these expectations they may be asked to leave. Multiple offenses/severe offenses will result in immediate dismissal from the team.

Forms & Payment

Please register your student for the team at <https://reynoldsburg-oh.finalforms.com> now and electronically complete all the forms! The fee for sports is \$175 (subject to change--speak with Coach if needed). This can be paid online using the website above or in person at the athletics office. Students may not practice without Final Forms & Physicals! *Fee due by 1st meet

Preparation

Students should come to meets and practices prepared with extra clothes (in case of rain), clothes to layer, hats/gloves, and a water bottle. Students should be prepared and ready to go promptly at practice start time in appropriate clothing for the weather. *Suggestion: pack a bag dedicated to cross country ONLY!

Transportation

Practices: Athletics shuttles will transport daily from WRJH to Livingston when we practice at Blacklick. On the shuttle bus, students are expected to follow and adhere to all team expectations. Students who do not follow these expectations will lose shuttle privileges and may be dismissed from the team. ***Supervision will not be available if student is not picked up by the end practice time. Carpools available! Please let coach know if needed/interested!***


Meets: Students must stay for the duration of the meet even once their events have concluded. For all weekday meets we will leave from WRJH and return to WRJH. Saturday meets will leave from Livingston and return to Livingston. Once the bus returns, you may pick up your athlete. On the bus, students are expected to follow and adhere to all team expectations. Students who do not follow these expectations on the bus may be dismissed from the team. **For expected return times, please be alert for “Remind” notifications. We will send out notifications when we leave an event.**

Uniform

Students need to wear their uniform for every meet. For colder meets, students may wear a solid colored, long sleeve shirt under their uniform. Anything worn under the uniform must be black on top and on the bottom. ***NO GPS*** enabled watches per OHSAA rules**

Communication

For immediate announcements such as practice cancellations or bus arrival times we will be using “Remind”. This free service is an efficient way to get out important news to all parents. PLEASE sign up for this service using the information found on the next page.

Coach K Shortridge and T. Smith would like you to join 2016 RJH Cross Country! 

To receive messages via text, text @rjhxc to 81010. You can opt-out of messages at anytime by replying, 'unsubscribe @rjhxc'.

Trouble using 81010? Try texting @rjhxc to (330) 787-9771 instead.



Or to receive messages via email, send an email to rjhxc@mail.remind.com. To unsubscribe, reply with 'unsubscribe' in the subject line.



Season Schedule

June 4th-June 29th--8:00 am-10:00 am--Summer Practices (Monday-Friday)

****OPTIONAL FOR JUNIOR HIGH BUT HIGHLY RECOMMENDED!***

July 2nd-August 3rd--8:00-10:00 am-- Mandatory Summer Practices

August 6th--4:30-6:30pm-- Afternoon School Practices Begin

August 25th-- Whitehall Invitational @ Whitehall Community Park

August 29th-- Canal Winchester Invitational @ Canal Winchester High School

September 1st-- Granville Invitational @ Bryn Du Mansion

September 5th-- Licking Heights Invitational @ Licking Heights High School

September 8th-- McGowan Invitational @ Watkins Memorial

September 15th-- Newark Invitational @ Evans Athletic Complex

September 22nd-- Bob Reall Invitational @ Lancaster Fulton Field

September 26th--Reynoldsburg Invitational @ Waggoner Road

September 29th-- Panther Invitational @ Pickerington North High School

October 3rd-- Sheridan Backwoods Invitational @ Backwoods Festival Grounds

October 6th-- Eisenhart Invitational @ Thomas Worthington High School

TBD--OHSAA Jr. High State Meet

***Tentative schedule, subject to change**

*****Please be aware of report times for meets.*** Students will be notified of these times prior to the meet and parents will be notified via Remind**

Fun Friday Practices (June 4th-August 3rd): On Fridays we will carpool to various locations around Central Ohio--locations to be announced--VOLUNTEERS TO CARPOOL NEEDED WHEN ABLE!