

Alice Birney Middle School Cross Country 2023 Season



Calling all runners or aspiring runners!

What: Cross country is a team sport where teams and individuals run outside on a variety of natural terrains (like dirt and grass). This season coached by Amy Lincoln.

When/Where: Practices are Mondays 3:30-4:30 at the soccer/rugby fields in Land Park, Wednesdays and Fridays from 2:30-3:30 at Alice Birney.
Practices start Wednesday September 6.

Currently Meets are scheduled for September 22, October 13, 20. After the 20th, optional 5k training for Run to Feed the Hungry on November 23.

Who can join: Any 6th-8th grader is welcome, no prior running experience required! (Note: 6th Graders will not be able to run in the SCUSD championship race on October 20)



Interested? Get an application from your teacher and return it completed to the office or Room 18. Questions? amy-lincoln@scusd.edu



**Alice Birney Middle School Cross Country
2023 Season**

Coach: Amy Lincoln

To join Cross Country, please complete the following form as well as the 3 district forms and return to the office or Coach Lincoln (Room 18). **Practices begin Wednesday, September 6.** (Forms that do not require a physician's signature are required to start practice. The Health History form is required to compete in meets, and good for one calendar year.)

Athlete's name: _____

Grade: _____

Teacher: _____

Roles and Responsibilities of athletes

As a team member of cross country, I, _____, understand:
(write your name here)

- That I will follow the coaches' instructions and be on my best at all times.
- That I will bring a positive attitude and support all my teammates at practices and races.
- That I will wear or bring appropriate running gear to school on practice days.
- That I will attend practices every Monday, Tuesday, Wednesday, and Friday after school, and the meets unless prior arrangement with the coaches.
- That if I will be absent, I will let Coach Lincoln know by sending her an email or leaving a message for her at school before the end of the school day Monday.
- That I will follow all safety guidelines including social distancing and wearing a mask when required by district guidelines.

Signed : _____ Date: _____

Please answer the following questions:

Do you have any previous running experience? (If yes, please describe, if no, no worries! No experience is necessary to join!)

Is there anything your coaches should know?

**Alice Birney Middle School Cross Country Parent/Guardian Information and After
School Consent Form
2023 Season**

Parents/Guardians:

By signing below, you agree that you have read and understand the roles and responsibilities that your student assumes as a team member of cross country. You acknowledge that practices may take place off campus, always supervised by Coach Lincoln. You also acknowledge and accept that you are responsible for picking up your student after practice, arranging for transportation to practices and meets, and/or setting up carpools and aftercare.

We will have a parent meeting via Zoom on Monday, September 12 at 7pm. Be sure to provide an email below to receive the meeting link.

Your child's name: _____

Your Name: _____ Date: _____

Your Signature: _____

Your contact information (Please note if Mondays/Wednesdays/or Fridays are different):

Phone #: _____

Email: _____

(Once your child is signed up, you will be invited to join a team group on Konstella, and will receive emails from Coach Lincoln with more details about parent meetings, practice details, uniform and meet details, and any other important information.)

Alternate Person: _____ Phone: _____

After practices end at 3:30/4:30 p.m., my child will (note any that apply if different throughout the week):

- Walk/Bike/Bus home
- Get a ride from _____
- Go to aftercare at _____

*If after school arrangements change, you must notify Coach Lincoln immediately via email (amy-lincoln@scusd.edu) or text (530) 318-0978.