

2023-2024 Cross Country Runners

Cross Country season is a quick season, and we are excited to have you join us! This year we have 4 races where 7th grade runners run 1 mile, 8th grade runners run 2 miles.

Coaches' Contact Information:

Amy Shatzer AMShatzer@bluevalleyk12.org

Patty Stanfield PStanfield@bluevalleyk12.org

Practices:

Practice is Monday through Thursday from August 14th-September 27th. We will be running outside during these first two weeks to get acclimated to the heat. Refer to the practice calendar below for your convenience. Practices will be approximately from 3:10-4:00. Please make sure that you are here promptly to pick up your child. If we need to change a practice due to weather, we will send out an email. Please make sure that your email is correct on ParentVue. Usually, if the weather is bad, we will just run inside.

Please make sure that your runner has a water bottle, comfortable running shoes, preferably light-colored running clothes, sunscreen and any asthma inhalers needed.

Uniforms:

We will be checking out jerseys for the runners to wear at meets. They may wear their own black shorts and whatever athletic shoes they like. If they wear an undershirt during a meet, please be sure that it is white and of solid color. At the end of the season, please wash the jersey and have your runner return it to Coach Shatzer. These are expensive jerseys; the replacement cost is \$70!

Spirit wear:

We are doing warm up shirts again this year! These are not required, but to get them for our first meet the orders must be placed by August 18th.

Meet Dates, Locations, School Distribution and Host Schools:

Date	Location	Start time
Sept. 7	BVSW	3:40
Sept. 13	BVSW	4:00
Sept. 20	BVH	3:40
Sept. 26	BVSW	4:00

ORDER OF EVENTS Start time: 3:40 7 th grade girls- 1 mile Group A/B 7 th grade boys- 1 mile Group A/B 8 th grade girls 2-mile 8 th grade boys- 2 mile	*First eligible practice date is 8/14- individuals must practice 12 days before competing in a meet.
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Checking-Out / Leaving a Meet (IMPORTANT!)

Students MUST check out with the designated coach(es) to leave an away meet. To check-out, a parent/guardian must wave at the coach with the check-out sheet. IF your athlete has plans to ride home with another family/ride, please email Coach Shatzer (amshatzer@bluevalleyk12.org) or Coach Stanfield (PStanfield@bluevalleyk12.org) before 2:00pm on meet day.

Any athletes that are not checked-out will ride the bus back to PRMS with us and get picked up from there.

TIMING CHIPS:

We will be using timing chips again this year. This is a great feature as we know exactly what the runner's time is and we can see improvement throughout the season. The coaches and the returning 8th graders can help those who don't know how put on the chips. We use small zip ties that will attach to the shoelaces. They will need to be on tight enough so we don't lose it on the course, but also loose enough so that it can quickly be cut off by a coach at the end of the race. PLEASE do not let your runner go home with the chip! They will get the same chip for each meet.

Saturday, September 13th Meet:

The race on September 13th is like the championship meet, it will be a four race format unless we hear differently from BVSW. This is the possible race format:

7th Grade Girls (1 Mile)

7th Grade Boys (1 Mile)

8th Grade Girls (2 Miles)

8th Grade Boys (2 Miles)

BVSW is hosting a Middle School meet and has invited schools from Shawnee Mission and other neighboring districts to race in a large Middle School XC meet. It will be a great opportunity for athletes to race others from other schools outside Blue Valley.

If you have any questions, please contact one of the coaches listed above; we look forward to a great season!

Practice Schedule:

14 First day of Practice 3:10-4:00	15 Practice 3:10-4:00	16 Practice 3:10-4:00	17 Practice 3:10-4:00	18 <i>No Practice</i> *T-Shirt Orders DUE!
21 Practice 3:10-4:00	22 Practice 3:10-4:00	23 Practice 3:10-4:00	24 Practice 3:10-4:00	25 *Optional Fun Friday Practice
28 Practice 3:10-4:00	29 Practice 3:10-4:00	30 Practice 3:10-4:00	31 Practice 3:10-4:00	1
4 Labor Day No School (Run on your own)	5 No School (Run on your own)	6 Practice 3:10-4:00	7 XC Meet @BVSW 3:40 start time	8 *Optional Fun Friday Practice
11 Practice 3:10-4:00	12 Practice 3:10-4:00	13 XC Meet @ BVSW 4:00 start time	14 Practice 3:10-4:00	15
18 Practice 3:10-4:00	19 Practice 3:10-4:00	20 XC Meet @ BVH 3:40 start time	21 Practice 3:10-4:00	22
25 Practice 3:10-4:00	26 XC Meet @ BVSW 3:40 start time	27 XC End of season party- turn in uniforms.		