
BROCKPORT

CROSS COUNTRY

June 15th, 2023,

Dear athletes and parents,

Welcome to the Modified Cross Country team! Cross Country is a sport for athletes of all abilities and our number one goal is to have fun. Each athlete begins at their own physical conditioning level and we work together to reach both team and individual goals. For those of you new to the sport, I am excited to help you take your first steps in what is hopefully a lifelong enjoyment of running.

In order to participate you must first take care of a couple of items. You will need to submit a current physical (**done August. 1, 2022 or later**) completed by the student-athlete's own doctor to the school nurse. The school district will not be providing physicals for student-athletes. Each parent/guardian must create an account and register the student for a sport. The school nurse then reviews the information in the registration and approves the student for participation. Registration will open in mid-July. Directions and a tutorial for how to register on FamilyID can be found on the athletic website (bcs1.org)

Registration on Family ID opens **Monday, July 28, 2023**
Assistance with FamilyID Registration is available in the Athletic office.
Please call (585) 637-1836 to confirm the Athletic Office will be open prior to coming in.
(Must be able to check your email from a remote location in order to activate account)

The first day of practice for modified cross country will be on **Monday August 28th 2023**, from 3:15 to 5:00 pm. Practice will take place every day that we have school unless notified otherwise.

During the season athletes will report to the cafeteria after school for *sports study hall*. The expectation is that athletes sign in each day and work on their homework until it is time for them to walk over to the high school at 3:00 PM. Athletes should arrive at the high school and meet for practice by 3:15 PM at the tree next to the batting cage between the CEPACS building and the high school. If students need a place to lock up their belongings my classroom (room 221) will be locked during practice. ***Athletes should be picked up outside the high school pool doors at 5:00 PM.***

Parent Meeting

The parent meeting for all modified sports will be held in the Oliver Middle School Auditorium **September 12th 2023 at 5:00pm**. This is a great time for parents to meet me, Coach Reiss. I also have plenty of info and tips for parents to get the most out of this season.

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Throughout the summer, I encourage you to be active, and participate in a summer running club if possible. If you can only run one time around your block to start, pat yourself on the back, and try for 2 times around the next day. The more you run the easier it gets so don't get discouraged. I look forward to a great season and will see you on **August 28th** at 3:15 pm. Parents can drop off their child at the high school pool doors, we will be meeting near the batting cage that is along the path toward the middle school from the high school.

Our competition schedule consists of a weekday league meet and an occasional weekend invitational (usually Saturday). A schedule of practice times and meets will be sent home during the first full week of practice and will also be given out at the parent meeting, which will be conducted in the week prior to our first meet.

All of this information can be found Microsoft Team under **Modified Cross Country**. The join code is **bhceck5u**.

Sincerely,



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High School Physics Teacher
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