

# **Irma Marsh**

# **Cross Country**



**Parent and Athlete Packet**

**August 30, 2017**

# Irma Marsh Cross Country

## Contact Information

Dear Parents and Athletes,

Welcome to the Irma Marsh Cross Country Program. My name is Jazmin Derby. I am the head middle school cross country coach. I am excited about the upcoming season and look forward to having your son or daughter be a part of the cross country team.

GO LIONS!!!

Coach Derby

Middle School Boys & Girls Cross Country Head Coach

[derbyj@castleberryisd.net](mailto:derbyj@castleberryisd.net)

817-252-2248

Twitter: J\_Derby1

Remind: IMMSCC

## Cross Country Guidelines

### Appearance:

- Wear the correct clothes each day (M/Fri=running shorts & school issued athletic shirt)
- Athletic shorts must be kept in locker if needed to go inside of school
- Do not alter your uniform or practice attire in any way.
- No music devices/head phones or cell phones at practice

### Attitude

- Maintain a positive attitude-encourage teammates; be energetic, enthusiastic and focused
- Dedicate yourself to the program-you belong to something bigger than yourself
- No distinction between grade levels-we are all lions! Support all teams at all times!
- Pride is a must!!! Be prepared, resilient, indispensable, dependable and excited!

### Behavior

- Do not use foul language-extra conditioning will result
- No tobacco, alcohol or drugs-consequences will be severe
- In the classroom:
  - Treat teachers (all campus adults) with respect (yes sir/no sir/yes ma'am/no ma'am)
  - Keep your grades up-turn in work on time and do quality work
  - Give teachers a game schedule and invite them to the meets
- ISS/Discipline/Low Grades-extra conditioning, meet suspension and/or other consequences

### Transportation

- Be on time (we cannot and will not wait)
- You must ride the bus to and from meets. If there is an emergency situation, please talk to the coach.

### Practice

- Be on time
- Never miss a practice
  - If you are sick-communicate with your coach before the start of practice
- No injury prevents you from dressing out
- Communicate with your coach by calling or e-mailing prior to the start of practice if you will miss a practice. Failure to communicate with a coach could result in extra conditioning or loss of ability to compete at meets

### Communication

- Parents/Guardians-as with all programs at CISD, the coaching staff will always communicate with you and your child on ways of improving their fundamentals and skills, but the following will not be discussed:
  - Playing time
  - Play selection
  - Personnel



## Irma Marsh Middle School Cross Country Guidelines

1. All student/athletes are expected to be at all scheduled workouts, all student/athletes should be dressed and ready at the designated time in order to warm up and stretch prior to practice starting
2. Absences are not acceptable and missed running should be made up. A phone call is requested when an athlete will be, or is absent from practice. Make up for excused and unexcused absences, along with definitions for each is listed below
  - **Excused absences:**  
(*Make-up = 4 hills*)
    - Medical: doctors note + phone call (Make-up)
    - Illness: phone call/email notification (Make up)
    - Illness: present at practice (No make-up)
    - Note: must be in attendance at school 5 out of 8 periods
    - Death in family: phone call (No make up)
    - STAAR Related (no make-up)
    - Family emergencies + phone call (make-up)
  - **Unexcused Absences**  
(*Make-up = 6 hills and must sit out next scheduled meet*)
    - Absences due to vacation/Thanksgiving/Christmas/Spring Break
    - Illness-no contact
    - Absent from practice
    - Attendance school
3. Determination of placement on teams will be based on individual times from the previous meet and also from the time trials at practice placement on these teams may change each week based on each individuals' performance. We will take as many runners as possible to each meet.
4. Parent/Guardians: As with all programs at CISD, the coaching staff will always communicate with you and your son/daughter on ways of improving his/her fundamentals and skills, but the following will not be discussed:
  - i. Playing time
  - ii. Play selection
  - iii. Personnel

### Cross Country Guidelines

- Athletes are required to attend all practices and meets
  - Be on time and be prepared
  - Unexcused absences can prevent participation at meets
  - 5 or more unexcused absences from practice without notification can be grounds for dismissal
5. Thank you for dedicating your time and effort to the IMMS Cross Country Program

# Castleberry Independent School District

## Athletic Code of Conduct



### **STATEMENT OF PURPOSE**

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important that the student understand the conditions of participation before making the decision to enter the program.

### **ATHLETIC CODE OF CONDUCT**

- ✓ Violation of the Athletic Code of Conduct will be considered on an individual basis
- ✓ You will be treated fairly
- ✓ You are an athlete year round
- ✓ Comply with school policy
- ✓ Conduct yourself as a lady/gentleman at all times
- ✓ Always tell the truth
- ✓ Do not steal
- ✓ Do not make excuses
- ✓ Do your best in the classroom
- ✓ Respect your teammates
- ✓ Do not participate in other non-school related sports while your sport is in season.
  - Example: volleyball players that are in-season may not play club or LYSA volleyball, but may club or LYSA softball
- ✓ Do not use tobacco, alcohol, drugs or any mood-altering chemical
- ✓ If you have a concern, talk to your coach in private



**IRMA MARSH MIDDLE SCHOOL  
CROSS COUNTRY SCHEDULE  
2017-18**



<b>DATE</b>	<b>LOCATION</b>	<b>HOST SCHOOL</b>	<b>TIME</b>
Sept. 6	Rex Callicott Park @ Keene, TX	Keene	4:00 PM
Sept. 14	Haltom Cross Country Course	Covenant Classical School	6:00 PM
Sept. 22	Dutch Branch Park @ Benbrook, TX	Benbrook	4:00 PM
Sept. 27	Central Park @ White Settlement, TX	Brewer	4:00 PM
Oct. 4	Granbury Disc Golf Course	Granbury	4:00 PM
Oct. 18	Decatur Reunion Grounds @ Joe Wheeler Park	District Meet	4:00 PM

Head Coach: Jazmin Derby

Executive Director of Student Services & Operations: Lenny Lasher

Head Athletic Trainer: Taylar Ogden

Principal: Kalyn Perkins

Superintendent: John Ramos

*\*\*\*\*Detailed meet information will be shared as we get closer to date of the meet\*\*\*\**

# Castleberry Independent School District

## Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2071



### IRMA MARSH MIDDLE SCHOOL CROSS COUNTRY ATHLETE/PARENT AGREEMENT AND CONSENT FORM

#### Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the Irma Marsh Middle School CROSS COUNTRY Athlete/Parent Handbook. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

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Printed Name of Player	Signature of Player	Date
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#### Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the Irma Marsh Middle School Cross Country Athlete/Parent Handbook. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

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Name of Parent/Guardian (please print)	Relationship to Player
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Signature of Parent/Guardian	Date
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## Cross Country General Questions and Answers:

### 1. What is cross country?

Middle school cross country is a competitive team sport offered in the fall for students in grades 7<sup>th</sup> and 8<sup>th</sup>. The best thing about cross country is that everyone is eligible to compete and everyone runs the same course. Cross Country is both an individual sport and a team sport. A team score is determined by adding up the finishing places from the top five finishers from each team. Races are 1.5-2 miles. The courses are mostly run across grassy fields with a mixture of hills, pavement, and trails.

### 2. How is a cross country meet scored? How do you determine who wins?

That's easy . . . Irma Marsh wins every meet!! Just kidding (sounds great though). Here's how it really works. In cross country a low score wins and you need at least five runners of each gender per grade level to score as a team. Top 5 runners are scored. The other runners on the team, besides the top five are important because they offset the placing of the other school's runners. Many times the runners who finish in 4th and 5th places for a team are the most critical from a scoring standpoint. So that is why as many kids as possible run in races, you just never know who might help the team win at a meet. **\*\*SCORING IS BASED ON THE FIRST FIVE PLACERS ON A TEAM. FIVE PARTICIPANTS (per gender/per grade) MUST BE PRESENT FOR A FULL TEAM.**

### 3. What if it rains during practice or a meet is scheduled?

Typically, cross country meets and practices will take place rain or shine. However, if it is a severe rain storm or thunderstorm, the students will hear an announcement at school that practice or a meet is cancelled so they can go home on the bus after school.

### 4. How do kids get to and from the meets?

Athletes are bused directly to and from a meet.

### 5. Are GPS Watches allowed to be worn during competition?

No, GPS watches are not allowed to be worn during competition.

### 6. What are practices like?

Practices follow a set plan to ensure the goals for each practice are met and to ensure the needs of each runner are met. The cross country team has a wide range of running ability and experience from children who have never run a single day in their life to runners who can easily run several miles at a time. Running is a progression that takes time, consistency, hard work and patience. Practices are geared towards three distinct fitness levels: beginning runners, intermediate runners, and experienced runners. Each practice will be structured to include (but not limited to) taking attendance, a warm up run, dynamic stretching, core workout, a speed/hills/tempo/long run workout, stretching, cool down, water breaks, and coach instruction/discussion. During the coach instruction/discussion, I will be speaking with the athletes about different running topics like running form, nutrition, goals, race and mental preparation, stretching, running tips, injury prevention, healthy habits, inspirational stories, etc.



7. Can my child listen to music during practice/meets?

No, headphones will not be permitted during practice or meets. We practice the way we compete. Headphones and music devices are not permitted on the course at meets.

8. What are the best running shoes?

If possible, go to a store that deals primarily with running footwear and apparel such as Luke's Locker or Running Co. These stores have experienced runners as sales persons who can help you choose the right shoe with the right fit for your athlete. If you need a list of stores that deal with this type of footwear, please contact one of the coaches. The best way to prolong the life and function of a new pair of running shoes is to wear them for running only, not as school shoes or for PE class

### **Cross Country Lingo**

- Pace-running speed over a particular distance
- Kick-a burst of speed close to the finish line of the race
- Pack-a group of runners in close proximity
- Personal Record (PR)- best ever performance on a given course
- Warm-up- a running and stretching routine that gradually warms up the body for intense running
- Cool Down-a jogging/walking routine that allows the muscles to purge themselves of lactates and the body to gradually lower its temperature to normal

# August 2017

◀ July

September ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 1 <sup>st</sup> Day of School (No Practice)	22 Practice 7:30 AM	23 No Practice	24 Practice 7:30 AM	25 Practice 7:30 AM	26
27	28 Time Trial (conducted during athletic period)	29 Practice 7:30 AM	30 Practice 7:30 AM	31 Practice 7:30 AM		

# September 2017

◀ August

October ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice 7:30 AM	2
3	4 School Holiday No Practice	5 Practice 7:30 AM	6 No Morning Practice Meet @ Keene	7 Practice 7:30 AM	8 Practice 7:30 AM	9
10	11 Practice 7:30 AM	12 Practice 7:30 AM	13 Practice 7:30 AM	14 No Morning Practice Meet @ Covenant Classical School	15 Practice 7:30 AM	16
17	18 Practice 7:30 AM	19 Practice 7:30 AM	20 Practice 7:30 AM	21 Practice 7:30 AM	22 No Morning Practice Meet @ Benbrook	23
24	25 Practice 7:30 AM	26 Practice 7:30 AM	27 No Morning Practice Meet @ Brewer	28 Practice 7:30 AM	29 Practice 7:30 AM	30

# October 2017

◀ September

November ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice 7:30 AM	3 Practice 7:30 AM	4 No Morning Practice @ Granbury	5 Practice 7:30 AM	6 Practice 7:30 AM	7
8	9 School Holiday No Practice	10 Practice 7:30 AM	11 Practice 7:30 AM	12 Practice 7:30 AM	13 Practice 7:30 AM	14
15	16 Practice 7:30 AM	17 Practice 7:30 AM	18 District Meet	19	20	21
22	23	24	25	26	27	28
29	30	31				