

THOMPSON CROSS COUNTRY Introductory Information

Runners and parents,

Welcome to the Thompson Junior High Cross Country Program. This is eighteenth year of Cross Country at Thompson, and our previous years will be tough to top; We had a great years of improvement! We hope the following information will help to answer many of the questions that you may have about the season.

All 6th, 7th and 8th grade girls and boys are invited to join. We have a no-cut policy in Cross Country, and we emphasize personal goal setting and improvement. This year's season begins on Monday, Aug 26th.

The following items are required:

- ❑ The signed permission slip and expectation packet must be completed BEFORE you can practice with the team. This is ONLINE at the following website:
- ❑ <http://il.8to18.com/thompson/activities/cross-country/c> - CLICK REGISTRATION TO BEGIN
- ❑ A physical exam, completed within the last calendar year +1 month (must be completed BEFORE you can practice with the team.)
- ❑ A \$80 participation fee (required of all interscholastic sports participants, check payable to Thompson Jr. High) must be paid to coaches by check or cash.

CONCUSSION TESTING- *Before any athlete can participate in a competition, they must have a valid baseline score for the ImPACT test. They are able to practice without the baseline score. However they are not allowed to compete. The ImPACT baseline testing for Fall sports will be done on the following dates:*

*At Thompson in Labs 1 and 2
Dates TBA*

Athletes are not allowed to participate in physical activity before the test so practice is not allowed if they are the 4:15 time slot.

- ❑ Running shoes. Spikes are not required, but a good pair of **running** (not cross-training) shoes will help to limit aches, pains and injuries. Road Runner Shoes is a good store to get your shoes (good prices and knowledgeable staff).
- ❑ **BLACK** shorts to wear with our running singlet(singlet provided)

The following are helpful, but **not** required:

- Cool max socks & shirts – wick moisture and help the runner to regulate temperature better.
- Hat (keeps rain and sun out of your face.)
- Body Glide, Runner's lube or Vaseline (pre-run treatment for feet, helps prevent blisters).

Practices:

Our practices will be run from 3:10– 4:45 **Mon.-Tues.-Thurs.-Friday**. Please have rides here **NO LATER THAN 4:45**. Riding bikes home after practice (at an easy pace) is a great way to cool down! We strongly recommend that runners ride bikes at a strong, steady pace for at least 20 minutes on Wednesday and Saturdays, or run intervals. We may change this schedule as the season progresses, but this is our starting point for the first few weeks. Advance notice will be given prior to changes in practice hours. We will steadily add on distance and speed as we get in shape, so it is extremely important that **RUNNERS ATTEND ALL PRACTICES**. Failure to attend practices may result in removal from the team or quite simply, missed practices increase chances of injuries when you return! Also, you must earn your uniform by running the entire 2 miles. This is a sport where even a slow jog shows improvement over walking.

More information will be forthcoming.

Coach Dave Desiderio, 636-2638 email d-desiderio@sd308.org or

Coach Bridget Bois, 636-2637 email bbois@sd308.org

2019 THOMPSON CROSS COUNTRY REGISTRATION

Any student interested in participating in cross country **MUST** have the following items completed. **Practices begin on Monday, August 19th**

1. **Parent/Guardian needs to complete athletic registration online.** (see directions below)
2. **Turn in a current sports physical to the nurse's office.**
(All physicals are good for 395 days (which is 12 months + 30 days) from the date it was taken.)
3. **\$80 Athletic user fee will be due the first week of practice.**

To register online please use the following instructions.

- Go to **thompson.8to18.com (no www.)** OR **go to our athletics website and click on "Registration"**
 - **If you have registered in the past,** please use your email address and previous password. If you have forgotten your password you do have the option to reset.
 - If you have never registered ANY children prior, click on "Create An Account" and enter your own email and create your own password. **(Please be sure to remember this password as you will use this for the years to come for ALL of your children in junior high and high school.)**
 - Click on **"Begin Registration"**
 - **"Select Activity"**
 - Choose the sport your child will be trying out for/participating in.
 - **"Select Participant"**
 - Choose your child listed or "Add a New Participant"
 - All information on this page is for the student, i.e. cell phone, email.
 - Please be sure to include ALL MEDICAL information on this page also. This is what the coaches will be looking at.
 - **"Primary Parent/Guardian Information"**
 - Fill out the parent information on the next page.
 - **"Physical Form"**
 - If you need a form to take to the doctor you may print it here.
 - Remember your athlete must have a current physical in order to begin tryouts/practice.
 - Click "continue."
 - **"Legal Forms"**
 - You are agreeing to the forms electronically and giving your son/daughter permission to participate.
 - You must click on each form, read, scroll to the bottom, click on the "parent/guardian" box and then click on the green "accept" box.
 - Please **DO NOT** turn in any forms filled out.
 - **"Summary"**
 - At this time you can see what you have registered for
 - Click on "Submit" to complete your registration
 - **Verification:** You will get an email confirmation, but you can verify at any time what sports your child is registered for: when on the 8to18 home page, click on "Participants and Registrations." Your child(ren)'s name is listed followed by any sport they are registered for.
- Please verify that it has the 2019-2020 school year after the sport.**

You may contact John Donovan (athletic director) if you have any questions at jdonovan@sd308.org or 630-636-2670.