



# Meads Mill Cross Country 2019



Cross-Country is a no cut sport that is open to ALL grades. It's a great way to get involved in your school, make new friends, condition for other sports, and learn lifelong leadership skills that sports can teach.

**Website:** <http://bit.ly/meadsxc> We will use this website along with Remind app to communicate with you during the season.

**Practice:** Cross-country practice begins Thursday, September 5th. Practices take place rain or shine. Monday practices are at Cass Benton (Hines Drive between 6 and 7 mile roads)



**Meets:** Wednesdays are meet days. Our home course is Cass Benton. There will be no bus to our home meets. Our away meets will provide a bus to the meet but athletes must be picked up from the away meet by 5pm. Please check our Cross country website for directions to all meets.

**Paperwork:** In order to participate, all athletes must have a physical on file dated April 15, 2019 or more recent. These physicals can be turned in to Mrs. Earle in the office. Please check our website for a link to a physical form if you need one. You will need to complete an emergency card form on our Website as well.

**Cost:** The district pay-to-play fee is \$200/\$205 if paid online for 7th/8th graders and \$100/ \$103 if paid online for 6th graders. This is a one-time fee that covers all sports participated in for the school year. Fee can be paid online. If giving to office make checks out to Northville Public Schools. Please see our website for a link to the online pay center



**Uniform Fee:** There is also a \$15 uniform fee that covers the athletes jersey (they keep the shirt). This can be paid by cash or check made out to Northville Public Schools (write cross country shirt in memo line) on the first day of practice. Student-athletes can use a uniform from a past season if they have one. Please fill out the T shirt order form on our website.

**Equipment:** All that is needed for practice participation is a comfortable set of running clothes, a good pair of running shoes, and a water bottle. Please plan for weather appropriate outfits

**First Practice:** Show up on Thursday, September 5th with running clothes and a water bottle. You must have a physical dated 4/15/19 or more recent in hand or turned in to Mrs. Earle to participate!

