

Leonardtwn Middle School
Cross Country Fall 2019 Mr. Kopicko and Mrs. Williams
Club Information (LMS Website)

Mission: LMS running club is intended to promote fitness and healthy living at LMS. Involvement in running club is intended to encourage all students to maintain an active lifestyle, develop an interest in running, and serve as conditioning for other sports.

Behavior

1. All students are expected to support fellow runners with positive encouragement.
2. All students will be respectful to each other as well as club sponsor, Mr Kopicko, assistant coach Mrs. Williams, and any adult volunteers. *Any students who need disciplinary action can be asked to leave the team.*
3. All students must listen carefully to directions when conditioning/stretching to ensure proper form.
4. Remember: you represent LMS.

Times and Dates of Weekly Practices (for students making the club)

1. Times
 - a. Start: 2:10 in the cafeteria after announcements.
*NOTE Runners MUST wait with their team leaders BEFORE coming to CC.
 - b. End: 3:15 PICK UP
 - i. Pick up will begin at 3:15/3:20 until 3:30. (Please be on time; see attendance policy.)
2. Dates: *RUNNING CLUB PRACTICE DATES AND RACE*
October: 1st (Time Trial) 3, 8, 10, 15, 17, 22, 24, 29, 31
November: 7th CC Meet @LHS

Cross Country Championships will be held at the end of the season and is scheduled for **November 7, 2019**

Attendance Policy:

Any members who accumulate 2 absences will be excused from the club. You must be at school on a practice or meet day to participate.

TARDY PICK UP from club meeting: will discussed with parent after 1 pick-up, 2 tardy pick-ups students will be excused from the club (Tardy is defined as after 3:30.)