

CCMS Cross Country 2023

Practices

Practices will be held every Monday, Tuesday, Wednesday and Thursday directly after school until approximately 3:45 p.m. Students will go through the large gym/locker room and report to the track after 2nd wave. We will not practice on Fridays! The first official practice will be **Thursday, August 17th**. Students can join the team anytime from August 17th to August 25th.

Communication

We will use **Remind** to send out any important updates, practice cancellations, meet information, etc. This is **NOT** the same Remind group as last year. To sign up, please follow these steps:

Text this number: **81010**
Containing this message: **@ccmscrossc**
Wait for a reply.

It will then ask for you to respond with your **full name**.

If your athlete will miss a practice or meet, please be sure to send a message on Remind. While Remind is the preferred method of communication, parents may also email:

- Wes Thompson (Boys Coach): wesley.thompson@campbell.kyschools.us
- Stacy Rust (Girls Coach): stacy@huff.com

Forms

In order to participate, students must turn in the following:

- KHSAA Sports Physical
- Insurance Waiver
- Drug Policy Form
- Student Profile Form
- Athlete Code of Conduct Form
- \$65 participation fee (make check payable to CCMS Cross Country)

Cut here-----

INSURANCE WAIVER:

I give my son/daughter _____ permission

Student's Printed Name

to participate on the CCMS Cross Country team for the fall of 2023 and will not hold the school or its staff responsible for any accident or injury to my son/daughter. In the event of possible injury, I give permission for the administering of emergency medical care.

Signed: (Legal Guardian) _____

Meet Schedule

<u>Date</u>	<u>Meet</u>	<u>Location</u>
8/26	Grant County Invitational	Sherman Elementary
9/2	Ryle Invitational	Ryle High School
9/9	Mason County Invitational	Mason County Athletic Complex
9/16	Pendleton Wildcat Prowl	Sharp Middle School
9/23	Williamstown Invitational	Williamstown High School
9/30	KTCCCA Area 5 Middle School Region	Ryle High School
10/7	NKAC/St. Henry Invite	Idlewild Park (Burlington)
10/14	KTCCCA Meet of Champions	Paris, KY
Notes:		
-The KTCCCA Meet of Champions will take place over Fall Break. All athletes will be entered. Please try to schedule vacations around it if possible.		
-Transportation will NOT be provided for any meets except for the KTCCCA Meet of Champions.		
-All dates, locations and times are subject to change. Meets may be added. Specific information for each meet will be sent out weekly via Remind.		