



TIPPECANOE MIDDLE SCHOOL CROSS COUNTRY 2020



Important things to know:

Head Coach: Mrs. Brown (Health teacher at TMS)

Asst. Coach: Mr. Knapke (Math teacher at THS)

1) Who can participate? TMS students going into the 7th or 8th grades who are interested in running. TMS XC team information will be provided on Coach Brown's teacher webpage. The official website of the cross-country program is tippxc.com. It has both high school and junior high information. It has additional news about the coaching staff, past runners, record boards, etc. Check it out, there is some cool stuff on there!

2) What is cross country (or XC as we like to call it)? First, it is a team sport that welcomes runners of all ability levels, there are no cuts. Everyone on the team gets to run at every meet. The athletes run a 2-mile race, and the girls and boys run at different times. Race times and courses vary based on the meet. Some courses are more spectator friendly than others, but generally parents and fans can see the runners multiple times during a race. Races are scored by assigning a point value for the place a runner finishes in. If a runner finishes first, he/she will earn 1 point. Finishing 25th would earn 25 points. Cross Country is like golf in that the lowest score wins. A perfect score is 15 points, with the top five runners occupying the first five finishing positions. The 6th and 7th runners will break a tie. Runners who do not have a full team are removed from the results for team scoring but can still place individually.

3) What equipment is needed? **Good running shoes** (Asics, Brooks, Saucony, New Balance, Nike, Adidas, Mizuno, etc.) not basketball high tops or Vans. A **basic watch** that can measure time and distance. It does not have to be fancy. Each runner is required to have his/her **own water bottle**. The athletic fee for junior high is \$75.

4) When is training/conditioning? Voluntary summer training begins **Monday, June 1**. It is recommended to train as much as possible to get acclimated to weather, mileage, etc. Attending summer training leads to less injuries and a more successful season. Since runners will be training alone at first, it will be important to have integrity and be committed. A summer training plan will be provided for the junior high team.

5) What is Runathon? If Covid19 improves, the team will participate in the XC Runathon team fundraiser. This team event is usually the 3rd Monday in July and it is a day of running and team bonding held at Kyle Park. Athletes are expected to help raise money and participate. Parents usually donate water and snacks. More information will follow as athletic policies are updated.

6) Is a physical required to practice? **Athletes must have a physical before the first official team practice on Monday, August 3 to participate.** Athletes must attend 10 days of official practice to run in the first meet. Attendance will be taken at practice beginning Aug. 3. Practices are held in different locations and will be indicated on future practice calendars. Every year we have families that have vacations planned for August. We understand but there are no exceptions to the 10-day OHSAA practice rule.

7) Can I play another sport and run cross country? If you participate in another club, rec, or select sport activity, you may still be able to run cross country. We try to be as flexible as possible, but also expect you to be committed to your school team. **WE HAVE A WEEKLY PRACTICE REQUIREMENT IN ORDER TO PARTICIPATE IN MEETS.**

8) When are practices? When school begins, practices are Mon-Thur right after school and we train at TMS. Meets are usually on Saturdays (possibly one or two weekday meets) from the end of August through the second week of October. We travel to and from meets as a team on the bus. Practice, bus, and meet schedules/times will be posted on Coach Brown's teacher website and tippxc.com as they become available. Keep in mind with the current situation, things could change.

If you have any questions, contact Coach Brown at TMS (jlbrown@tippcity.k12.oh.us) or Coach Knapke at THS (knapke@tippcity.k12.oh.us).