



Simle Girls Cross Country 2022



Dear Athletes and Families -

This letter will outline important information related to the Simle Girls Cross Country team. I have coached Cross Country for the past 4 years at Simle Middle School. I look forward to meeting all of you and working together this coming fall!

Coach Seamands

stacey_seamands@bismarckschools.org

First Official Practice for 6th/7th/8th Grade - Our first official practice will be **Monday, August 15th from 8:00-9:15am @ Lion's/Hillside Park (east parking lot.)** Our 7th/8th graders will meet from 9:00 - 10:15am Tuesday/Wednesday and Thursday/Friday from 3:30-4:45, locations TBD. Sixth graders will practice Monday and Wednesday of the first week, also from 8:00 - 9:15am. A more detailed schedule will be available as we approach the beginning of the school year. Nine practices are required before 7th and 8th grade athletes are allowed to compete.

Summer Running Club

We will have organized runs this summer every **Monday through Thursday at 8:00AM.** The club will run from **June 6th - July 27th (not meeting July 4th)**. There is no fee to be part of the club. All you need to do is simply show up. While these runs are not required to be part of the team this fall, it is a good way to get in shape for the season and to spend time with your teammates. We'd love to see you there!

- Monday- Sleepy Hollow
- Tuesday-Hillside
- Wednesday- Legacy (door 18)
- Thursday- Heritage Center Parking Lot

Stay in Contact

Please join our team on Remind Messaging. "Remind" can be downloaded as an app, or an account can be created on a computer. Our team can be found through <https://www.remind.com/join/simlex> . You can also reach out to me via email - stacey_seamands@bismarckschools.org.

Sports Physicals & Registration - All athletes in 7th/8th grade must have a Sports Physical and complete Online Registration via the Simle Athletics webpage, **before the first day of official practice this fall**; 6th graders do not need a physical, but still must register online. There is no sports physical requirement for summer running club.

If you have questions on the registration process, please contact our athletic director, Mr. Woeste at Simle.

Practice and Competition Gear

- All athletes are expected to bring their own water bottle each day
- All athletes must have a pair of running shoes.
- All athletes must have a shirt and shorts every day.
- All athletes must be prepared to run in cooler weather,
- A watch with stopwatch capability is highly recommended
- Racing spikes are optional, but will not be appropriate for some courses that have concrete. There are many options available online, but unfortunately, not many options are available to purchase in Bismarck.

Frequently Asked Questions

Why Should I Join Cross Country?

- Meet new friends from your school
- Improve your overall health
- Learn to work together as a team
- Experience individual growth
- Be encouraged by your coaches and teammates every day
- Have the opportunity to compete in every meet...there is no bench in this sport!

What if I've never done this before?

That's ok! Cross Country is not something everyone usually does growing up, like the more common sports of soccer, volleyball or basketball. Every year, we have athletes join who have no previous experience. On top of that, it mostly means that you will improve a lot this season! We'd love to have you, no matter your background or ability!

What will practice be like?

Practices are a lot of fun! We get to spend time outdoors, spend time with our friends, and challenge ourselves every day. We will do a warmup every day, followed by some type of running, and then always do a stretching and/or strength activity. The amount you'll run depends on your age and experience; we rarely have everyone run the exact same distance, but rather try to give everyone the appropriate amount of challenge. We start after school and are typically done by 5pm.

What are competitions like?

Cross Country meets are a very fun and unique atmosphere. If you've never experienced a Cross Country meet before, you've been missing out! You'll get to run through parks and golf courses, with soft grass beneath your feet and fans lining the course to cheer you on. Every athlete gets to run at every meet. Every school will receive a team score, which is totaled by adding the place of the school's top 5 runners; the lower the score, the better! 7th and 8th graders run 3,000 meters, which is about 1.8 miles. 6th graders run 1 mile.

How do athletes get to practice and competitions?

Most practices will be held at Simle. However, once a week we will meet with the Legacy high school girls at an alternate location. A more specific schedule will be released later in the summer with these locations. We are looking for some parents to help put together a carpool schedule for our students for when we practice with the high school. If you are willing to help in this way, please let me know.

For all week-day, in-town competitions, athletes will need to find their own transportation to and from meets. For our home Saturday meet, athletes will be transported to McDowell Dam, but need a ride home. For our out of town meets, 7th/8th graders will ride a bus. 6th graders will need to find their own transportation for out of town meets, if they choose to participate.

Can Middle School Athletes Participate in Multiple Sports at Once?

Yes, they can. However, the expectation is that the athlete fairly splits time between both sports. If an athlete chooses to do this, a schedule must be worked out each week, and communicated from athletes/parents to the coaches of both sports. Running on your own will not count as a practice. If we need to do occasional morning runs from Simle with multi-sport athletes, I am willing to look into that option as well.

An example multi-sport athlete schedule:

Monday: XC Practice

Tuesday: Volleyball Practice/Game

Wednesday: XC half practice & join VB for half practice

Thursday: XC Meet

Friday: VB Practice

