

Horizon Middle School Boys & Girls Cross Country 2018

Parents,

Welcome to the 2018 cross country season! Coach Mike Porter and myself, Coach Mark Neset are excited to have your son or daughter running with us this year. We have a great season planned for our athletes and look forward to seeing you at the meets cheering them on. I wanted to include this letter to help answer any questions you may have. I bulleted a series of items that should help clear up any confusion.

- At Horizon the boys & girls XC athletes will practice together most of the time. 6th graders will practice two days a week while 7th & 8th graders will practice 5 days a week Monday through Friday. We will also have optional practices for 6th, 7th and 8th graders at Pioneer Park on Sunday nights.
- During the meets, 7th and 8th grade boys run together and 7th and 8th grade girls run together. For 7th and 8th grade XC runners most races will be 3,000 meters (3k). 6th graders will have their own division with the boys usually in one race and the girls usually in another race. The 6th grade races will be 1 mile long.
- Cross Country is a sport in which the places from the top 5 runners from each team are added up. The team with the lowest score wins the meet. For example if the Horizon girls top 5 runners finished 1st, 3rd, 8th, 9th, and 11th then we would end up with a team score of 32 points: $1 + 3 + 8 + 9 + 11 = 32$. The other Horizon runners would be just as important as they could push another school's top 5 runners down further.
- Lockers will be assigned by physical education teachers during the first or second week of school to all 6th, 7th and 8th graders.
- Athletes should dress for the elements and should own a good pair of running shoes for practice and possibly a pair of spikes for the meets.
- Most practices will begin at 3:30 pm (we will meet in Coach Neset's room #261, unless specified otherwise). **The first couple practices will begin at 4:00 or 5:00 pm due to staff development days for teachers.** Practices typically last for about an hour and a half.
- **Make sure all physicals are completed and all activity fees (\$40 for 7th and 8th graders, \$20 for 6th graders) are paid). 6th graders do not need a physical. Physicals for 7th & 8th graders can be uploaded to rSchool (<https://century-ar.rschoolday.com/>) or turned into the office. Activity fees can be paid at MyPaymentsPlus (<https://www2.mypaymentsplus.com/welcome>) or at the Horizon office. If playing multiple school functioned fall sports only one \$40 fee must be paid. Also, all athletes should have a "Code of Conduct Form" and "Medical Release Form" filled out and uploaded to rSchool (<https://century-ar.rschoolday.com/>). Athletes cannot compete until these items are taken care of.**
 - If your son/daughter has any medical issues that the coaches should be aware of please let us know privately (asthma, allergies, diabetes, etc.).
 - Encourage your son/daughter to stay hydrated. A typical 7th or 8th grade XC athlete should be drinking at least 60 ounces of water per day. Try to stay away from pop and energy drinks. It's also important for them to get plenty of rest and eat well balanced meals.
- Bullying or hazing will not be tolerated and should be reported immediately to either Coach Porter or Coach Neset
- **For all in-town meets, (including Mandan) athletes will have to find their own transportation to and from the meet.**
- For all out-of-town meets, athletes will take a team bus to and from the meet. **The busses will most likely depart from Horizon Middle School or Century High School.**
 - All athletes will ride the bus to the meet.
 - If you want your son/daughter to ride home with you after the meet, fill out the appropriate form <https://century-ar.rschoolday.com/sites/century-ar.rschoolday.com/files/upload/BPS%20Travel%20Waiver%20Permit.pdf>, print it off, and have it

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turned into one of the coaches prior to the meet. The parent and athlete should also check in with one of the coaches prior to leaving the meet (no siblings or other relatives can transport athletes from the meet).

- **If 6th graders wish to compete in an out-of-town meet (i.e. Beulah or Minot) they will have to find their own transportation to and from the meet and will have to run unattached from Horizon.**
- If competing in multiple fall sports, we are willing to work with the other coaches but we encourage our multi-sport athletes to be at XC practice when possible and to get their runs in on their own when possible. **However, the XC meets should take priority over other practices.** I'll have our XC training schedule if you need a copy.
- If you plan on ordering Horizon XC sweats, please go to the following website: <https://hmsxc18.itemorder.com> and **place your order by midnight August 27th.**
- Look for Horizon cross country information at the following website: <https://www.bismarckschools.org/Page/2391>
 - **If you want to sign up for our Horizon Cross Country "Remind" App simply text the message "@horizoncro" to the phone number "81010". You don't need the App to receive messages.**
- If you have any questions or concerns you can contact Coach Porter at michael_porter@bismarckschools.org or Coach Naset at mark_naset@bismarckschools.org or by calling Horizon at 323-4550.

Coach Porter and I look forward to another successful cross country season. See you out there!

Coach Naset

2018 BPS Middle School XC Meet Schedule

*Monday, August 20th is first day of practice

*Thursday, September 6th Rusty Bucket at McDowell Dam at 4:45 pm

*Saturday, September 8th Mandan Kiwanis at Mandan Municipal G.C. 11:00 am

*Saturday, September 15th Anderson/Stavn at McDowell Dam at 1:00 pm

*Tuesday, September 18th Unterseher Invite (Fill the Pantry) at Horizon at 4:00 pm

Tuesday, September 25th Beulah-Hazen Invitational at Black Sands G.C. (Beulah) 2:00 pm

*Thursday, September 27th Spartan Invite at Sunrise 4:15 pm

Saturday, October 6th Minot Invite at Souris Valley G.C. at TBD

Saturday, October 13th WDA at Parkhurst XC Course (Jamestown) at 1:00 pm

Wednesday, October 17th Fall Classic at McDowell Dam at 4:30 pm (optional meet for 7th & 8th graders)

* Indicates that a 6th grade division is included. Last official 6th grade meet would be Thursday, September 27th. Beulah and Minot usually have an Elementary or 6th grade division as well but parents would have to drive their 6th grade kids there if they choose to compete. There is no 6th grade division at WDA or the Fall Classic.