

## Horizon Middle School Boys & Girls Cross Country 2020

Parents,

Welcome to the 2020 cross country season! Coach Mike Porter (Girls head coach) and myself, Coach Mark Neset (Boys head coach) 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. 6<sup>th</sup> graders will practice two days a week while 7<sup>th</sup> & 8<sup>th</sup> graders will practice 5 days a week Monday through Friday. We will also have optional practices for 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders at Pioneer Park on Sunday nights.
- During the meets, 7<sup>th</sup> and 8<sup>th</sup> grade boys run together and 7<sup>th</sup> and 8<sup>th</sup> grade girls run together. For 7<sup>th</sup> and 8<sup>th</sup> grade XC runners most races will be 3,000 meters (3k). 6<sup>th</sup> graders will have their own division with the boys usually in one race and the girls usually in another race. The 6<sup>th</sup> grade races will be 1 mile long. We may need some parent volunteers to help out at some of the meets (high school athletes will not be available to volunteer this year).
- 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 1<sup>st</sup>, 3<sup>rd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders. **If possible, we would like the kids to come to school dressed in their running gear.** This will help minimize the number of athletes using the locker room after school.
- 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). **On Fridays we will practice at 7:00 am at meet in the cafetorium.** We will practice at 8:00 am for the first week and 4:00 pm for the second week due to staff development days for teachers. Practices typically last for about an hour and a half. **When kids meet in Mr. Neset's room I will encourage them to wear a mask. They can then take their mask off when we go outside to practice.**
- **Make sure all physicals are completed and all activity fees (\$40 for 7<sup>th</sup> and 8<sup>th</sup> graders, \$20 for 6<sup>th</sup> graders) are paid.** 6<sup>th</sup> graders do not need a physical. Physicals for 7<sup>th</sup> & 8<sup>th</sup> graders can be uploaded to rSchool (<https://century-ar.rschooldtoday.com/>) or turned into the office. If an athlete had a physical last year then they only need to fill out and upload **Form B**. 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 will have to register for XC and fill out a "Code of Conduct Form" and "Medical Release Form" to be uploaded to rSchool (<https://century-ar.rschooldtoday.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 7<sup>th</sup> or 8<sup>th</sup> 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. **Kids should bring their own water bottle to practice everyday.**
- Bullying or hazing will not be tolerated and should be reported immediately to either Coach Porter or Coach Neset

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- 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.schooltoday.com/sites/century-ar.schooltoday.com/files/upload/BPS%20Travel%20Waiver%20Permit.pdf>, print it off, and have it 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 6<sup>th</sup> graders wish to compete in an out-of-town meet (i.e. Dickinson, 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://hms20xc.itemorder.com/> and place your order by midnight Sunday, August 23<sup>rd</sup>, 2020.

- 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 "@b4d2g8" 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 (girls head coach) at [michael\\_porter@bismarckschools.org](mailto:michael_porter@bismarckschools.org) or Coach Naset (boys head coach) at [mark\\_naset@bismarckschools.org](mailto: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

### 2020 BPS Middle School XC Meet Schedule

Monday, August 17<sup>th</sup> is first official day of practice

Tuesday, September 1<sup>st</sup> Rusty Bucket at McDowell Dam at 4:30 pm (H/S/W/M : 6/7/8)

Thursday, September 10<sup>th</sup> Unterseher Invite (Fill the Pantry) at Horizon Soccer Fields at 4:00 pm (H/S/W/M/Jamestown : 6/7/8)

Tuesday, September 15<sup>th</sup> Mandan Middle School Meet at Mandan Red Trail Elementary School 4801 37<sup>th</sup> Ave NW Mandan at 4:30 pm (H/S/W/M/Williston : 6/7/8)

Tuesday, September 22<sup>nd</sup> Spartan Invite at Hillside Park 4:15 pm (H/S/W/M/Dickinson : 6/7/8)

Tuesday, September 29<sup>th</sup> Middle School Meet at McDowell Dam at 4:30 pm (H/S/W/M/Minot : 7/8)

Friday, October 9<sup>th</sup> Middle School WDA at McDowell Dam at 4:30 pm (7/8)

Blue text indicates that a 6<sup>th</sup> grade division is included. Last official 6<sup>th</sup> grade meet would be Tuesday, September 22<sup>nd</sup>.