



**CARROLLWOOD DAY SCHOOL
CROSS COUNTRY TEAM
2020**

Dear Parents,

Your child is interested in participating on the CDS Cross Country Team. The season starts September 8 and ends October 31. Cross Country is a 2-mile endurance distance run.

There is a \$175.00 athletic fee to participate. CDS will bill you for this fee through your FACTS account. **Proper running shoes are recommended.**

The FHSAA and CDS forms required for all middle and high school student-athletes to participate in practice or competition of interscholastic sports are listed below. The FHSAA and CDS forms required for all middle and high school student-athletes to participate in practice or competition of interscholastic sports are listed below. The following forms are required for participation in athletics and **must be renewed each school year. Please submit the forms via Magnus Health.**

- [FHSAA Preparticipation Physical Examination](#) [Grades 6 - 12: due annually before practice starts or expiration of previous form]. **The form is to be uploaded to Magnus Health.**
- [FHSAA EL3 Consent and Release Form](#) [Grades 6 - 12: due annually at the start of every school year, before student's first day of practice]. **The form is to be uploaded to Magnus Health.**
- [CDS Sports Conduct Form](#) [Grades 4 - 12: due annually at the start of every school year, before student's first day of practice]. The form is to be uploaded to Magnus Health.
- [Athlete Authorization/Consent for Disclosure of Protected Health Information](#) [Grades 6 - 12: due annually at the start of every school year]. **The form is an electronic signature form on Magnus Health.**

Mandatory Sports Injury Prevention Videos

The FHSAA requires all **student-athletes** to complete the following videos before they are eligible to participate in sports. This is a yearly requirement. **There is no fee to order/take these courses. Students should set up their own accounts** in order to be able to print the certificates with their names on the certificates. **Please submit the forms via Magnus Health.**

- **“Concussion in Sports”** What You Need to Know” or “Concussion for Students” video certificate of completion [Grades 6 - 12: due annually at the start of every school year, before student's first day of practice]. This video can be viewed at www.nfhslearn.com and the certificate can be printed at the conclusion of the video exam.

- **“Sudden Cardiac Arrest”** video certificate of completion [Grades 6 - 12: due annually at the start of every school year, before student's first day of practice]. This video can be viewed at www.nfhslearn.com and the certificate can be printed at the conclusion of the video exam.
- **“Heat Illness Prevention”** video certificate of completion [Grades 6 - 12: due annually at the start of every school year, before student's first day of practice]. This video can be viewed at www.nfhslearn.com and the certificate can be printed at the conclusion of the video exam.

Please check with Jill Bondurant at ext. 452 or jbondurant@carrollwooddayschool.org for any paperwork information.

In order to participate on the cross-country team, students and parents should understand eligibility requirements and information.

- Middle school students must have a 2.0 GPA, or the equivalent of a GPA based on a 4.0 scale, at the conclusion of each semester. Ineligible athletes will not be able to practice or play with the team.
- Athletes need to be committed to the team.
- Athletes must demonstrate a cooperative, motivated, well-behaved spirit in all school area (i.e., at school, during practices and traveling with the team and on the running field).
- Understand that our league philosophy is instructional, competitive, developmental and promotes self-discipline, group cooperation, and good sportsmanship.
- Our goal is developing skills, teamwork, sportsmanship, and having fun!
- Parents are responsible for the supervision of their children/friends not on the cross-country team at all meets and practices.
- Due to the exposure to the sun remember to apply sunscreen.
- Please remember to stay hydrated. Athletes will need to bring their own water bottles to practice. They can fill up their water bottles in the gym with the water bottle filler.
- **CDS Athletics will be using teamsnap for team communication. Please download the App and wait to receive an invite via email. The CDS school website will also have our practices and meet schedules. Any changes made on a daily basis will be on teamsnap and Schoology.**

Please note when and where your child has practice and where you are to pick them up. Athletes who are not picked up within 10-15 minutes of the designated pick-up time will be signed into MS study hall.

We look forward to a super season! Thanks for supporting our program.
Coaches Hawkins, Tippet and Smith

Cross Country Meets

The following meets are at CDS. The runners are to stay after school with the coaches on meet days.

<u>Date</u>	<u>Location</u>	<u>Time</u>
Monday, September 21	FWCL Meets @ CDS	4:30
Monday, September 28	FWCL Meets @ CDS	4:30
Tuesday, October 6 (state qualifier)	FWCL Meets @CDS	4:30
Tuesday, October 13	FWCL Meets @ CDS	4:30

The following meets will be traveled with the Varsity and JV cross-country team. A bus will be provided to the meets and back to CDS. On Saturday mornings parents may drive their runners to the meet but must communicate this to coach. If you are driving to the meets please be there 45 minutes before start time. We have 8 meets in all giving the runners many options to improve their times. Please confirm meet attendance on TeamSnap. The meets below may change due to COVID restrictions at some sites.

Friday, September 25 **Flrunners.com Invitational 21 @**
Holloway Park 3050 Lakeland Highlands Rd, Lakeland, FL **5:00 Start Time**

Saturday, October 10 **1st Annual Tampa Bay Private School Championship @**
Mary Help of Christians Center: 6400 East Chelsea St., Tampa **9:30 Start Time**

Saturday, October 17 **Bay Area M.S Championship @**
Mary Help of Christians Center, 6400 E. Chelsea St., Tampa **8:00 Start Time**

MS State Championship Meet/Open Meet @ Lakeland Holloway Park

CDS will attend this meet. CDS may qualify for states as a team. If we don't qualify, we will enter the open state meet. This event is an amazing experience for our runners!

Saturday, October 31-Saturday Middle School (3K-1.86 miles)
*** More information to follow**

Cross Country Practice Dates

We will meet in front of the Hayes Family Gymnasium for practice. Please pick up at the Hayes Family Gymnasium at the end of practice. The practices will run from 3:15-4:30.

September- 8, 9, 10, 11, 14, 15, 16, 17, 18, 23, 24, 30
October- 1, 2, 5, 8, 9, 12, 15, 19, 20, 22, 23, 24, 26, 28, 29