

Dear Orazo Cross Country Families,

Welcome to the 2024 Cross Country Season! We're thrilled to have your child join our fantastic team. Whether they're a seasoned runner or new to the sport, we're committed to helping each student reach their personal best while having fun and working together as a team.

### **Attendance and Preparation**

Regular practice is key to success in Cross Country. To ensure your child gets the most out of each session, please encourage them to attend every practice with a positive attitude and readiness to work hard. Cross Country involves a lot of running, so it's important that your child is prepared to learn and improve as a runner. If a student misses two practices, they will be ineligible to participate in that week's race.

### **Proper Gear**

For safety and comfort, please ensure your child is prepared to run at practice. They should wear supportive running shoes and comfortable athletic wear suitable for the weather. A refillable water bottle is important for hydration, and on very hot days (90 degrees or higher), a cooling towel is recommended. We also use spray bottles and a hose to help keep students cool.

### **Health and Safety**

If your child has any health concerns, please inform a coach and make sure our school nurse is aware of any medical needs. If your child must miss practice for a medical or other appointment, please email or contact a coach to let us know. Missing two practices in a week will result in your child not participating in that week's competition.

### **Academic Requirements**

All student-athletes must maintain a minimum 2.0 GPA. We will check grades when progress reports are released, and if a student's GPA falls below 2.0, they will need to improve their grades before resuming practice and participation. If a student has an F in any subject, they will be ineligible for participation until the grade is improved.

### **Practice and Meet Schedule**

Practices are held from 3:00 PM to 4:00 PM on Monday, Tuesday, Thursday, and Friday. Once league meets begin, practice will be on Monday, Tuesday, and Thursday. All dual meets will take place on Fridays at approximately 2:15 PM. Please ensure your child arrives by 3:00 PM for practice, dressed in appropriate running clothes and shoes.

### **Parent Volunteer Opportunities**

We need your help to make this season successful! We're looking for volunteers to assist with:

- Distributing uniforms on 9/2 (please email Coach Gustafson if you can help)
- Donations of Jolly Ranchers and/or Otter Pops
- Assisting with home meets

Please join the Orazo XC Parent Square to stay updated on all important information regarding the fall sports season.

**Important Reminder**

If you pick up your child from an away meet, you must sign them out in our cross-country binder. Thank you for your cooperation!

Join our Parent Square to receive updates and information throughout the season.



Our first practice is Monday, August 19th. Your athlete must be signed up in order to practice.

We're looking forward to a great season!

Coaches Elia, Gustafson, Redinbaugh, & Salem

<b>Fall Athletic Schedule</b>	
September 5th	Clovis East Area Invitational @ Clovis East
September 13th	Oraze @ Miramonte
September 20th	Freedom @ Oraze
September 27th	Oraze @ Fancher Creek
October 4th	Young @ Oraze
October 11th	Oraze @ Boris
October 18th	Oraze @ Reagan