

BMMS cross-country 2021 info! *Revised Feb 15, 2021*

What you need in order to participate:

- **VHSL physical** (*Can get a physical at CVS for free!*)
- **Covid 19 waiver**
- **Signed permission slip**



How long does the season last?

- **Season** - Begins on Tues Feb 16 and lasts until the last meet on Wed April 7.
- **Practices** - Practice is every Tuesday, Wednesday, Thursday, and Friday from 3:15-4:45 pm (unless we have a meet that day).
- **Parent Night** - Parent info session is Tues Feb 23 at 4:45 pm in the forum (right after practice)
- **Meets** - Schedule is below:

Date	Host	Against
Wed Mar 10	Beverley Manor	Stuarts Draft Middle
Wed Mar 17	Wilson Middle	Beverley Manor
Wed Mar 24	Shelburne Middle	Beverley Manor
Wed Mar 31	Beverley Manor	Stewart
Wed Apr 7	Beverley Manor	Kate Collins Middle

Items to bring/wear:

- **Water bottle** (fill before practice)
- **Comfortable running shoes** (MOST IMPORTANT PART! I highly recommend having shoes properly fitted at a running shop like Sole Focus Running in Staunton, Ragged Mountain Running Shop in Charlottesville, or Crozet Running Shop in Crozet.)
- **Comfortable running clothes**
 - No jeans, please (try for sweatpants, leggings, or softer pants/shorts)
 - *Advice: On cold days, wear layers if you can. (You'll get hot while running, even outside in the cold, and you might want to remove layers.) KEEP YOUR EARS AND HANDS WARM! It can be miserable if these get cold!*
- **Hair elastics/hair ties** (for runners with long hair)
- **Masks** - We will wear masks 60% of the time (during stretches, instructions...etc)
- **Deodorant** - Wear it, please!
- **Uniform** (*on meet days only!*) - *and anything you want to wear over/under uniform*

Before practice

- **2:45 pm** - Ask your 7th period teacher to let you leave on 1st tone (2:45 PM) to change for practice - *for in-person students*
- **2:45-3:05** - RESPONSIBLY change and get ready for practice in your grade level bathroom as long as there are 4 or less in the bathroom. - *for in-person students*
 - ****Students who are all virtual or are having a virtual day, please be dressed out and in the forum by 3:05.****

- **3:05** - Report to Mrs. Sanger in forum by 3:05 PM to have temperature checked and health survey taken. Be on time!!!
- **3:15** - We will begin practice promptly at 3:15 PM

During practice

- Each practice will consist of the following:
 - Stretches, a warm-up run, skill-work, a distance run, fun running games!
- Try your best at everything, and please be respectful with a positive attitude. :)
- *In case of bad weather, we'll practice in the BMMS gym. We may share it with volleyball.*

After practice

- Wait to leave until Coach Beauchamp dismisses you.
- Please have your ride pick you up promptly at 4:45 at BMMS entrance from practice (and immediately after meets). **Failure to meet this requirement could lead to being released from the team.**

On "off" days

- Please work out, as best you can, on your "off" days from practice - Sat, Sun, and/or Mon. (Some warm-up stretches, followed by a 20-30 minute run is perfect!)
- Be sure to work out no more than 6 days a week. (Your body needs at least one day off each week to rest and recover!)



On meet days

- Dress up for school on race days if you attend school those days. (Wear nice clothes - whatever you can. This is a tradition in high schools, and it lets everyone know you're an athlete!)
- Be changed into your uniform (and any clothes you may want to wear overtop/under them before the meet) by 3:05 in the forum.
- If it's an "away" meet, we will arrive and (if time allows), we'll be shown the course.
- Girls' race should begin at 4:15. Boys' race begins after. (This is what I'm told!)
- If a parent is taking you home from the race, PLEASE HAVE THEM SIGN OUT WITH COACH BEAUCHAMP. Otherwise, you may ride the bus back to BMMS to be picked up there. Parents who take you home must have a pass to attend the race!
- You may text your ride when we're on the bus leaving the meet to let your ride know what time to pick you up at BMMS.

Practice/meet expectations

- All students are expected to attend all practices (Tues-Fri from 3:15-4:45 pm) and every meet for the entirety of the season (mid-February through mid-April).
- If you're able to be in school, you are expected to attend practice and meets! (Even if you're injured or don't have your clothes/shoes.)
- We will social distance at all times during practices and meets. There will be no physical contact with opposing teams or officials before the meet begins. No handshakes or fist bumps. There will be no after-meet handshaking.

Uniform info

- Uniforms will be distributed to wear for all home and away meets. The shorts may be sheerer or shorter than they'd like. You might wear exercise shorts or leggings underneath. If you wear leggings under the shorts, they must match the color of the shorts (white or gray). If you wear a shirt under the top, it must match (white or gray).
- Wash uniforms in COLD WATER and HANG DRY! (DO NOT PUT IN DRYER!)

Practice/meet cancellation

- **Practice** will only be cancelled if coach can't be at school **or** if the county calls off all sports practices/competitions due to impending weather. I will get word to you ASAP if this happens. (I will contact families, via the Remind app and/or email, and will have the office announce it at school.) Do not assume practice is cancelled if you don't see me at school! We will not have practice on "snow" days (virtual days codes 1 or 2 due to weather) or on school holidays (spring break).
- **Meets** will only be cancelled due to inclement weather. I will get word to you as soon as I'm notified if this happens.

Athletic Transportation

- One person per seat unless they are in the same family.
- Must wear mask at all times.
- Load back to front and unload front to back.
- Individuals are responsible for keeping their own equipment with them at all times on the bus.
- Should sit in the same seat going and coming.
- There should be no food or drink eaten while on the bus.
- Athletes will be allowed to have a guardian drive them to an event. It must be pre-arranged with the coach and it will require a permission note from the guardian.



Outdoor Events (passes):

Each member of the participating teams (home & visitor) will be given "Pay to enter Passes" based on state occupancy. Currently each player will receive two passes.

General Requirements and Information about attending races (for spectators):

- Admission will be paid in advance based on the number of home meets we have.
- No District or County passes will be accepted. Those using a VHSL Pass must pre-arrange with school about attending the race that day. If the State occupancy is 25, no VHSL passes will be accepted.
- Face masks are required to be worn at all times.
- Temperature check will be required for entrance to activity.
- Social distancing of six feet apart is required at all times. Families will sit together and maintain six feet from non-family members.
- Gym lobbies will only be open to use the restroom. No indoor concession stands.
- All spectators will be asked to leave immediately at the conclusion of the meet. If they are waiting on a runner, they will need to wait in their car.

Refusal to follow any of the procedures listed above will result in a dismissal from the facilities.

Feel free to contact with any questions! :) We are excited to have you!!!

- Ms. Leigh Beauchamp (beauchamp.le@augusta.k12.va.us)
- Mrs. Julie Sanger (jsanger@augusta.k12.va.us)