

August 2, 2023

Dear Cross-Country Parents:

Welcome to the 2023 Montrose Middle School cross country season. The season begins on August 16 and concludes on October 4. Practices will be after school at Columbine Middle School from approximately 3:45-5:00 each day. We'll meet at Rotary Park each day for practice. Centennial students will run to Columbine as a team after school for a warmup run and then parents can pick up their kids from Columbine once practice ends. Days prior to meets we may get out a little earlier (approximately 4:50). **Our first practice will be on August 16 at Columbine so we can take our concussion pre-season test. Students may go home when they are done with this.**

Athletes must have a current physical (within the past 12 months) on file and pay a \$50 fee in order to participate. Each athlete also needs to have emergency contact information on file in the office. Students can pick up an athletic packet at the front office that has all the required paperwork. The money goes towards transportation to meets, uniforms and other expenses. If you have any questions, please contact the Columbine or Centennial office.

Everyone who comes out for cross country will be given the opportunity to compete in meets. **In order to compete, students must be at all practices unless otherwise excused by a coach and must be able to run at least a 15-minute mile.** Missing practice jeopardizes competing in the next meet. Students with more than two unexcused practices may no longer be on the team. Students must also remain eligible in order to compete. Eligibility checks are done every week. To remain eligible, a student must have no more than one F in any class and have no discipline referrals. The dates of the meets are as follows:

Sept 2	Hotchkiss
Sept 15	Ridgway (Ridgway Reservoir)
Sept 16	Gunnison
Sept 22	Delta (Sweitzer Lake)
Sept 29	Delta (Confluence Park)
Oct 4	Montrose (Cerise Park)

Please note that the above dates and times are subject to change. Prior to each meet students will be given a letter to bring home with more specific details about each meet. Boys and girls compete separately in all of the above meets. You may also find updated info on our team website at <https://montrose.esvbeta.com/MontroseMiddleSchoolCrossCountry.aspx> or by signing up for Remind.

If you have any questions about cross country please feel to contact us at CMS or CTMS during normal school hours.

Sincerely,

David Perfors
Sandra Hardie
Kyle Miller