

Irma Marsh Middle School Cross Country



**Parent Packet
2021 -2022**

COACHES CONTACT LIST:

GIRLS AND BOYS HEAD COACH

Mackenzie Duncan

duncanm@castleberryisd.net

Classroom Phone: 817-252-2264

Cell #: 972-400-8883 (please only use for emergencies)

SportsYou code: LXRX - VKR2

GIRLS ATHLETIC COORDINATOR

Dena Atzenhoffer

atzenhofferd@castleberryisd.net

Office Phone: 817-252-2170

BOYS ATHLETIC COORDINATOR

Juan Silva

silvaj@castleberryisd.net

Office Phone: 817-252-2076

Castleberry Independent School District

Athletic Code of Conduct



STATEMENT OF PURPOSE

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

ATHLETIC CODE OF CONDUCT

- ... Violation of the *Athletic Code of Conduct* will be considered on an individual basis.
- ... You will be treated fairly.
- ... You are an athlete year round.
- ... Comply with school policy.
- ... Conduct yourself as a lady/gentleman at all times.
- ... Always tell the truth.
- ... Do not steal.
- ... Do not make excuses.
- ... Do your best in the classroom.
- ... Respect your teammates.
- ... Do not participate in other non-school related sports while your sport is in season.
For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball.
- ... Do not use tobacco, alcohol, drugs or any mood-altering chemical.
- ... If you have a concern, talk to your coach in private.

Cross Country General Questions and Answers:

1. What is cross country?

Middle school cross country is a competitive team sport offered in the fall for students in grades 7th and 8th. The best thing about cross country is that everyone is eligible to compete and everyone runs the same course. Cross Country is both an individual sport and a team sport. A team score is determined by adding up the finishing places from the top five finishers from each team. Races are 1.5-2 miles. The courses are mostly run across grassy fields with a mixture of hills, pavement, and trails.

2. How is a cross country meet scored? How do you determine who wins?

In cross country, a low score wins and you need at least five runners of each gender per grade level to score as a team. Top 5 runners are scored. The other runners on the team, besides the top five, are important because they offset the placing of the other school's runners. Many times the runners who finish in 4th and 5th places for a team are the most critical from a scoring standpoint. So that is why as many kids as possible run in races, you just never know who might help the team win at a meet. ****SCORING IS BASED ON THE FIRST FIVE PLACERS ON A TEAM. FIVE PARTICIPANTS (per gender/per grade) MUST BE PRESENT FOR A FULL TEAM.**

3. What if it rains during practice or a meet is scheduled?

Typically, cross country meets and practices will take place rain or shine. However, if it is a severe rain storm or thunderstorm, the students will hear an announcement at school that a meet is cancelled so they can go home on the bus after school. If there is a severe rain storm or thunderstorm during our practice time we will move our practice indoors.

If any practices are cancelled that information will be sent out via the SportsYou app at least 30 minutes before the practice is scheduled to start.

4. How do kids get to and from the meets?

Athletes are bused directly to and from a meet.

5. Are GPS Watches allowed to be worn during competition?

No, GPS watches are not allowed to be worn during competition.

6. What are practices like?

Practices follow a set plan to ensure the goals for each practice are met and to ensure the needs of each runner are met. The cross country team has a wide range of running ability and experience from children who have never run a single day in their life to runners who can easily run several miles at a time. Running is a progression that takes time, consistency, hard work and patience. Practices are geared towards three distinct fitness levels: beginning runners, intermediate runners, and experienced runners. Each practice will be structured to include (but not limited to) taking attendance, a warm up run, dynamic stretching, core workout, a speed/hills/tempo/long run workout, stretching, cool down, water breaks, and coach instruction/discussion. During the coach instruction/discussion, I will be speaking with the athletes about different running topics like running form, nutrition, goals, race and mental preparation, stretching, running tips, injury prevention, healthy habits, inspirational stories, etc.

7. Can my child listen to music during practice/meets?

No, headphones will not be permitted during practice or meets. We practice the way we compete. Headphones and music devices are not permitted on the course at meets.

*** Parents/ Guardians** – As with all programs at CISD, the coaching staff will always communicate with you and your child on ways of improving their fundamentals & skills, but the following will not be discussed:

- Playing Time
- Play Selection
- Personnel



IRMA MARSH MIDDLE SCHOOL CROSS COUNTRY SCHEDULE 2021



DATE	DAY	HOST SCHOOL	LOCATION	TIME	DATE
9/1/2021	Wednesday	Keene	Rex Callicott Park	4:00pm	9/1/2021
9/8/2021	Wednesday	Covington	Charles Sonny Moore Complex	4:00pm	9/8/2021
9/15/2021	Wednesday	Wayside Middle School	The Buff XC Course	5:00pm	9/15/2021
9/20/2021	Monday	Irma Marsh / Castleberry	The Buff XC Course	5:00pm	9/20/2021
9/28/2021	Tuesday	Irma Marsh / Castleberry - Zone 2 Meet	The Buff XC Course	5:00pm	9/28/2021
10/6/2021	Wednesday	Meet of Champions	The Buff XC Course	5:00pm	10/6/2021

*Detailed meet information (including departure time) will be shared as we get closer to date of the meet****

Coach: Mackenzie Duncan

Head Coach (CHS): Bart Beasley

Principal: Karelyn Roberts

Executive Director of Student Services: Lenny Lasher

Acting Superintendent: Renee Smith-Faulkner

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2070



Practice Schedule
2021-2022

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 <i>Practice 6:15am</i>	11 <i>Practice 6:15am</i>	12 <i>Practice 6:15am</i>	13 <i>Practice 6:15am</i>	14
15	16 <i>Practice 6:15am</i>	17 <i>Practice 6:15am</i>	18 <i>Practice 6:15am</i>	19 <i>Practice 6:15am</i>	20 <i>Practice 6:15am</i>	21
22	23 <i>Practice 6:15am</i>	24 <i>Practice 6:15am</i>	25 <i>Practice 6:15am</i>	26 <i>Practice 6:15am</i>	27 <i>Practice 6:15am</i>	28
29	30 <i>Practice 6:15am</i>	31 <i>Practice 6:15am</i>				

September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Meet @ Keene</i>	2 <i>Practice 6:15am</i>	3 <i>Practice 6:15am</i>	4
5	6 <i>Practice 6:15am</i>	7 <i>Practice 6:15am</i>	8 <i>Meet @ Covington</i>	9 <i>Practice 6:15am</i>	10 <i>Practice 6:15am</i>	11
12	13 <i>Practice 6:15am</i>	14 <i>Practice 6:15am</i>	15 <i>Meet @ The Buff XC</i>	16 <i>Practice 6:15am</i>	17 <i>Practice 6:15am</i>	18
19	20 <i>Meet @ The Buff XC</i>	21 <i>Practice 6:15am</i>	22 <i>Practice 6:15am</i>	23 <i>Practice 6:15am</i>	24 <i>Practice 6:15am</i>	25
26	27 <i>Practice 6:15am</i>	28 <i>Meet @ The Buff XC</i>	29 <i>Practice 6:15am</i>	30 <i>Practice 6:15am</i>		

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Practice 6:15am</i>	2
3	4 <i>Practice 6:15am</i>	5 <i>Practice 6:15am</i>	6 <i>Meet @ The Buff XC *Final meet of season</i>	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Summary of Make-up Practices 2021-2022

Excused - 6 Hills

1. Medical – Doctor's note + Phone Call (make-up)
2. Illness – Phone Call / Email Notification (make-up)
3. Illness – Present at Practice (no make-up)
Note: Must be in attendance at school 5 out of 8 periods (CHS & IMMS)
4. Death in the family – Phone Call (no make-up)
5. STAAR Related (no make-up)
6. Family Emergencies + Phone Call (make-up)

Unexcused - 8 Hills and Must Sit Out Next Scheduled Meet

1. Absences due to Vacation
2. Illness – No contact
3. Absent from Practice
4. Attendance Saturday school

Castleberry Independent School District

Department of Athletics

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IRMA MARSH MIDDLE SCHOOL CROSS COUNTRY ATHLETE/ PARENT AGREEMENT AND CONSENT FORM

Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School Athlete/Parent Handbook**. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Printed Name of Player

Signature of Player

Date

Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School Athlete/Parent Handbook**. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Name of Parent/Guardian (please print)

Relationship to Player

Signature of Parent/Guardian

Date