

2018 SAN ELIJO MIDDLE SCHOOL **CROSS-COUNTRY TEAM**



Head Coach: Joey Neptune

Contact: joey.neptune@smusd.org, 290-2800 x3506

Assistant Coach: Tammie Pitcairn

Contact: tammie.pitcairn@smusd.org, 290-2800 x3503

- **Practice begins on Monday August 27, 2018! All students MUST complete and submit the paperwork found on the Athletics tab of the SEMS website to Mr. Neptune or Mrs. Pitcairn before they can practice! There are requirements including parental consent, insurance, and a physical exam that must be addressed before students are allowed to participate.**
- Practices are Mondays and Tuesdays, with most meets on Thursdays. If there is ever a week that we do not have a meet on Thursday, we will practice on that day in its place.
- We practice from 2:30 – 3:45 and meet at the lunch tables to start. Please plan for your ride to pick up you up on time, otherwise coaches must wait with you.
- Bring water or a sport drink to practice, in addition to wearing workout attire.
- On meet days, bring water or sports drink, a healthy snack of some sort, and your backpack.
- We are fortunate to have transportation to our meets via buses. However, you may get a ride home from YOUR parent or guardian after being properly signed out with the coaches.
- Parents – if you feel the desire to “sponsor” a meet (provide a treat after they finish racing), we would be more than happy to allow you to do that. Please communicate with us so we can plan it out.

Thank you,

Coach Neptune and Coach Pitcairn