

2023MSMS Cross Country Season Calendar
Emails to: pruzich@usd266.com and using BAND app*
Coaches Dan Moran, Jennifer Kerr and Patty Ruzich
Tuesday, August 8, @ 6:00pm Parent Meeting at MSMS

August/September 2023

Mon	Tue	Wed	Thu	Fri
14 AUGUST NO SCHOOL NO Practice	15 AUGUST First Day of School 1st Practice 3-4 <i>Physical & Activity</i> <i>Packet must be in</i> Practices begin after school/study hall and will end at 4:00pm.	16 AUGUST Athletic Study Hall then Practice 3-4	17 AUGUST Practice 3-4	18 AUGUST Practice 3-4
21 AUGUST Practice	22 AUGUST Practice	23 AUGUST Athletic Study Hall then Practice	24 AUGUST 6:00pm EXTRAVAGANZA NO after school practice Extravaganza is practice Check in time 5:45pm MSHS Tract/Field	25 AUGUST Team Photos & Practice *pack uniforms to wear for photos ??????
28 AUGUST Practice	29 AUGUST Practice	30 August Athletic Study Hall then Practice is both Weights & Run	21 AUGUST Practice	1 SEPTEMBER Practice
4 SEPTEMBER LABOR DAY NO PRACTICE	5 SEPTEMBER Valley Center Valley Point Golf Meet 3:30 Leave 2:00 PM	6 SEPTEMBER Athletic Study Hall then Practice is both Weights & Run	7 SEPTEMBER Practice	8 SEPTEMBER Practice
11 SEPTEMBER Practice	12 SEPTEMBER Goddard Classic Lake Afton probably 5:15pm Leave 2:15 pm	13 SEPTEMBER Athletic Study Hall then Practice is both Weights & Run	14 SEPTEMBER Practice	15 SEPTEMBER Practice
18 SEPTEMBER Practice	19 SEPTEMBER Andover Meet 13th St. Park 4:00 pm	20 SEPTEMBER Athletic Study Hall then Practice is both Weights & Run	21 SEPTEMBER Practice	22 SEPTEMBER Practice
25 SEPTEMBER Practice	26 SEPTEMBER Wellington Meet Hargis Creek Watershed 4:00 pm Leave 1:45 pm	27 SEPTEMBER NO PRACTICE NO STUDY HALL REST & SCHOOLWORK	28 SEPTEMBER Winfield Meet Veterans Home 3:00 pm Leave 12:45 pm??? P-T Conf No School	29 September NO SCHOOL NO Practice

October 2023

Mon	Tue	Wed	Thu	Fri
2 October <i>Practice</i>	3 October <i>El Dorado Meet</i> 4:00 pm <i>Leave 1:45 or 2:00pm</i>	4 October <i>Athletic Study Hall then</i> <i>Practice is both</i> <i>Weights & Run</i>	5 October <i>Practice</i>	6 October <i>End of Season</i> FUN RUN <i>Practice</i> ?????
9 October <i>Practice</i>	10 October LEAGUE MEET <i>Valley Center</i> 4:00 pm	11 <i>Uniforms Due</i> <i>Collect at lunch</i> <i>(we will wash)</i>	12 <i>Uniforms Due</i> <i>Collect at lunch</i> <i>(we will wash)</i>	13 <i>End Term 1</i>
16 NO SCHOOL	17 <i>Term 2 begins</i>	18	19	20

Wednesday Practices - we do not attend athletic study hall. Athletes report to gym area to change and are supervised by Coach Ruzich until Coaches Moran and Kerr are released from their meetings. We will take attendance and complete our warm ups then we will divide into 2 groups. Each group will get in a run and workout in the weight room. **We do finish at the usual 4:00pm time.**

PLEASE DONATE AN 8-PACK OF 20 OZ GATOR/POWERADE



MSMS XC

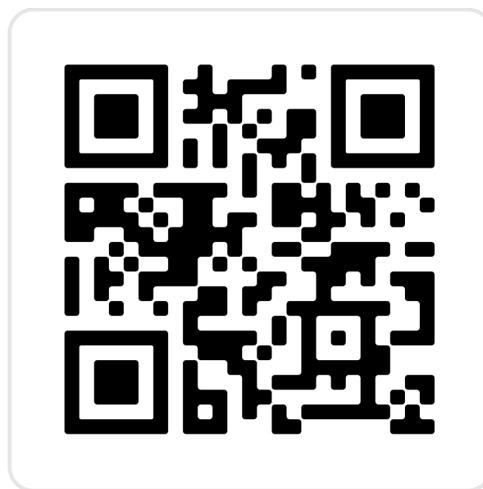
Scan this QR code and join!

***Communications**—we will communicate with you via the BAND app and with the athletes via a course created in their Google Classroom. Meet information, practice/meet cancellations or changes, etc. will all be sent via BAND. If you have a message that only coaches need to see, such as a personal concern or your child missing practice for an appointment, etc., then please email or text **Coach Ruzich at: 316-990-7750 or pruzich@usd266.com**. She will pass on the info to the other coaches if needed or meant for them. Reminder that posts made in the BAND app are seen by all. The link to the BAND app is: <https://band.us/n/aba495Ucf7W9v> or use the QR code shown here.

***Transportation** - athletes will all ride with the team on a school bus or van to the meets. The bus will always return to the school parking lot after each meet. Coach Ruzich will be on the bus both ways. You are allowed to sign your child out at the END of a meet so they may ride home with you. They may only ride home with another adult if you have texted or emailed Coach Ruzich in advance with the info.

***Uniforms** - Your child is responsible for their uniform and cleaning between meets. At the end of the season we will collect those uniforms and launder them. Lost or damaged uniforms will be paid by the student to the MSMS. We encourage the athletes to wear their Team Tshirt to school the day of the meet and over their uniforms at meets

Parents,
Please use this QR
info to the Cross
Coaches. It helps
for practices and
mation in case we
you by phone. Also
health concerns for



code below to send your
Country
us know who to expect
gives us personal infor-
have a need to contact
need to know any special
your child.

2023 XC Parent Info