

2024MSMS Cross Country Season Calendar
Emails to: pruzich@usd266.com and using BAND app*
Coaches Dan Moran, Jennifer Kerr and Patty Ruzich
Thursday, August 15, @ 6:00pm Parent Meeting at MSMS Gym

August/September 2024

Mon	Tue	Wed	Thu	Fri
12 AUGUST	13 AUGUST <i>Parent-Teacher Conferences</i>	14 AUGUST <i>First Day of School NO Practice allowed</i>	15 AUGUST <i>NO Practice allowed Sports Parent Meeting Main Gym 6:00pm</i>	16 AUGUST <i>NO Practice allowed</i>
19 AUGUST <i>FIRST Practice * Physical & Activity Packet must be in</i>	20 AUGUST <i>Practice Physical & Activity Packet must be in</i>	21 AUGUST <i>Study Hall then Practice 2:15-4:00 Practice is both Weights & Running</i>	22 AUGUST <i>Practice Physical & Activity Packet must be in</i>	23 AUGUST <i>Practice Physical & Activity Packet must be in</i>
*Practices begin after school and always will end at 4:00pm.				
26 AUGUST <i>Practice</i>	27 AUGUST <i>Practice</i>	28 AUGUST <i>Practice 2:15-4:00 Practice is both Weights & Running</i>	29 AUGUST 6:00pm <i>EXTRAVAGANZA Pep Assembly too (Wed. Bell Schedule) NO after school practice Check 5:45pm @ Track</i>	30 AUGUST <i>Practice after Team Photos *pack uniforms to wear for photos</i>
2 SEPTEMBER <i>LABOR DAY NO PRACTICE</i>	3 SEPTEMBER <i>Practice</i>	4 SEPTEMBER <i>Practice 2:15-4:00 Practice is both Weights & Running</i>	5 SEPTEMBER <i>Practice</i>	6 SEPTEMBER <i>Practice</i>
9 SEPTEMBER <i>PRACTICE</i>	10 SEPTEMBER <i>Valley Center Valley Point Golf Meet 4:00pm Leave 2:00 PM</i>	11 SEPTEMBER <i>Practice 2:15-4:00 Practice is both Weights & Running</i>	12 SEPTEMBER <i>Practice</i>	13 SEPTEMBER <i>Practice</i>
16 SEPTEMBER <i>Practice</i>	17 SEPTEMBER <i>Goddard Classic Lake Afton 4:00 or 5:15pm</i>	18 SEPTEMBER <i>Practice 2:15-4:00 Practice is both Weights & Running</i>	19 SEPTEMBER <i>Practice</i>	20 SEPTEMBER <i>Practice</i>
23 SEPTEMBER <i>Derby Meet Derby High Park 4:00 pm Leave 2:15pm</i>	24 SEPTEMBER <i>Practice</i>	25 SEPTEMBER <i>Practice 2:15-4:00 Practice is both Weights & Running</i>	26 SEPTEMBER <i>Practice</i>	27 SEPTEMBER <i>Practice Band Night @ Fball game</i>

October 2024

30 SEPTEMBER Practice	1 OCTOBER Wellington Meet Hargis Creek Watershed 4:00 pm Leave 1:45 pm	2 OCTOBER NO PRACTICE NO STUDY HALL GO HOME... REST & HYDRATE SCHOOLWORK	3 OCTOBER Winfield Meet Veterans Home 3:00 pm Leave 12:45 pm???	4 OCTOBER Practice
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Mon

Tue

Wed

Thu

Fri

7 October Practice	8 October El Dorado Meet 4 pm Leave 1:45 or 2:00pm Choir & Orchestra Concerts 7:00pm	9 October END TERM 1 Practice 2:15-4:00 Weights & Running Conferences 4-8pm	10 October Parent-Teacher Conf 8am - 3:40pm Practice time??	11 October NO School Practice time ?????
14 October NO School Practice time??	15 October LEAGUE MEET Valley Center 4:00 pm Begins Term 2 begins	16 Uniforms Due Collect at lunch (we will wash)	17 Uniforms Due Collect at lunch (we will wash)	18 Uniforms Due Collect at lunch (we will wash)

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. (August 21st we will watch concussion video during study hall.)**

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

***Communications**—we will communicate with parents via the BAND app and with the athletes via a course in their Google Classroom.

Meet information, practice or 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 and it gets to be too much for all to see.**

The link to the BAND app is: <https://band.us/n/aba495Ucf7W9v> or use the QR code shown.

ALL need to join the app...last year's parents were all cleared out.



MSMS XC

Scan this QR code and join!

***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

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**Parents,**

**Please use this QR code below to send your info to the Cross Country Coaches. It helps us know who to expect for practices and gives us personal information in case we have a need to contact you by phone. Also need to know any special health concerns for your child.**

