

TMS Cross Country Team 2015



1. REQUIRED FORMS & FEES:

- A. Signed Permission Form
- B. Signed Team Contract
- C. \$5 League Fee (pays for entry into our Middle School league and championship awards)
- D. Completed Uniform Order (same as XC...please see coaches if there are any questions/concerns)

2. TEAM WEBSITE & EMAIL SIGN-UP:

- A. <http://fairfieldschools.org/schools/tms/activity/cross-country-track-field/> (can also be accessed via TMS Home Page > Activities > Cross Country / Track & Field > Read More)
- B. To subscribe to the team news update email list, please...
 - a. Click the link in the **Team Email List Sign-Up** section
 - b. Complete the form with accurate information

3. PRACTICE INFO:

- A. Days → Mondays & Thursdays (see back for **tentative meet schedule**)
- B. Time → 2:55 - 4:00 (students who need the late bus may leave at 3:50)
- C. Location:
 - a. Change in the **locker rooms** at the end of the school day and find the coaches
 - b. Practice starts and finishes on the turf field
- D. Inclement Weather → **we will practice**...unless it is raining heavily or thunder/lightening

4. GEAR / SUPPLIES:

- A. Running/workout attire...dry-fit material and layers highly recommended for fall weather!
 - a. Running Shoes
 - b. Athletic Wear (socks, shorts, pants, long/short sleeve shirts)
 - c. Hat/gloves (as needed)
 - d. Light Jacket or other water proof/resistant clothing