

**McKinley Middle School**  
**Boys and Girls Cross Country**  
2017 School Year-Expectations and Schedule

PRACTICE SCHEDULE: (First practice is Monday, August 28)

Practice times: 3:00-4:15, Monday through Thursday. All runners are expected to attend ALL scheduled practices. Exceptions should be discussed with Coach Goodlove prior to an absence or immediately upon return from one. Unexcused absences from practice may result in a student being held out of cross country meets.

PHYSICALS, FORMS AND SUPPLIES:

You must have a physical and concussion form turned in to the Clinic before you can practice with the team. Also during the first week of practice we will send home a form requesting contact information from parents and permission for students to run off campus. Each runner should have supplies for practice including: shoes, shirts/shorts/sweats depending on the weather. Our meet uniform will be a yellow and black McKinley issued tank top and students should wear black or yellow shorts of their own.

BUS TO AND FROM MEETS:

McKinley will provide a bus to and from all Cross country meets. Parents are welcome to take athletes home after the meet, please notify coach in person at the meet if you are taking your son/daughter home. Meet start and finish times will be sent home when we get that information from the meet directors.

MEET SCHEDULE:

September 5 @ CR-Invite @ Seminole Valley Park, Cedar Rapids  
September 14 @ CR Metro Meet @ Cherry Hill Park  
September 19 @ Center Point/Urbana Invite  
September 26 @ West High Meet/Ashton Cross Country Park, Iowa City  
October 3 @ West Delaware Invite  
October 10 @ E. IA MS Invite Noelridge

COACH INFORMATION:

Coach Goodlove can be reached during the day at Kennedy High School, office number is 558-3304, ([jgoodlove@cr.k12.ia.us](mailto:jgoodlove@cr.k12.ia.us)). Please call or email with questions or concerns. Cell/text: 319-361-8916

TEAM PICTURES:

Team pictures will be taken during the season. Buying these is optional.

TEAM GOALS:

The goal of McKinley Middle School Cross Country is for each student/athlete involved to learn more about the sport of cross country running and to work on skills to become a better runner. We will also work on teamwork and learn about working together as a team. Because of the diversity in ability levels, we may have a different workouts running at one time. Improvements in times and performances at meets will come as a result of hard work in practice.