

BCMS Cross Country 2023

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Welcome to Cross Country at Buffalo Community Middle School. Below is important information that you will need to help make this a successful season.

What is Cross Country?

Cross country is the sport of distance running. It has both team and individual components. Races and practices are run on golf courses and in parks. Everyone runs at the same time and the same distance based on their level. All of this is done during the beautiful autumn season.

What do we do at practice?

We begin practice with various dynamic stretching exercises then move into a distance run. Some days we will try to improve on our speed by repeatedly running fast over short distances with short rests in between. We also play games on occasion. We end practice with flexibility exercises and core work.

When and where do middle school cross country runners practice?

Middle school cross country takes place **Monday through Thursday**. On any day that there is not a meet, there will be practice. We will meet every day after school by Door 1. Practices typically run from **3:30 to 5:00 PM**.

What does my child need to compete?

Athletes should bring proper running clothes, running shoes, a watch, and a water bottle to practices and meets. Warmer clothes will be needed as the weather changes. Dressing in layers is encouraged as is bringing a change of clothes for after a meet. Finally, it is encouraged that athletes bring snacks with them to the meets.

Taking care of your body is important for all athletes. Make sure you drink plenty of water during the school day, choose healthy options at lunch, and pack a snack for after practice.

When will my child compete?

Every middle school runner will compete at every meet we attend so long as they are in good academic and behavioral standing.

Please also make sure that all forms and fees have been submitted to the BCMS Activities Office. A current physical must also be on file.

Communication

We will do our very best to keep you up to date on any changes in practice times and locations. We will communicate through your athlete, the Mississippi 8 website and texting through Remind. To view the BCMS Cross Country schedule, please go to www.mississippi8.org and click on Buffalo Community Middle School located on the right side of the page. Most of the meets that we will be in will also have the varsity teams so start times for the various levels (middle school, JV, Varsity) will vary by meet.

If you have any other questions check with the following

Visit the [BCMS Activities Page](#)

Visit Mississippi8.org

Call the Activities Line at 682-8221

Call Coach Anderson 612-802-6420

Schedule

Meet times and locations are subject to change due to weather and the availability of facilities. For updated information call the automated Activities Line at 682-8221 or contact the Activities Office at 682-8201 after 1:30 PM on the day of the contest in question.

Absences

If you will be absent from practice, please let us know ahead of time. Students will be ineligible to compete in a meet if they have missed a half day or more of school.

Who are the coaches?

Coach Paul Anderson, Middle School, 612-802-6420 (cell) or panderso@bhmschools.org

Coach Dave Knutsen, Varsity

Coach Jill Hanson, Varsity