



Dear Families,

Thank you for enrolling your student in middle school cross-country running this fall! Our season will run from **MONDAY September 28 to Friday October 23**, with practices Monday, Wednesdays and Fridays from 3:15-4:30. Two of the Wednesdays will be meets (races). This letter outlines our efforts, expectations and guidelines to ensure a safe and rewarding experience.

Student Information and Waiver: Please fill out this [google form](#) for each child enrolled:

<https://docs.google.com/forms/d/1F7vNUNQsxn4YZEtX2TWyKAs5d-IUvnAJzTgfPDP75Xo/edit?ts=5f6bb9b1&gxids=7628>

Screening: At the start of each practice and meet, students will have their temperature taken and will be verbally screened per [Alaska School Activities Association guidelines](#).

Practice: Practice will start in a whole group with everyone masked and six feet apart. Students will then break into smaller groups to run, each with at least one coach or volunteer. Students may remove their masks while running but must “mask to pass.”

Coaching:

- Downtown (turf by Marie Drake): Steve Morley and Dirk Miller
- Dzantik'i Heeni Middle School (soccer field): Cheyenne Cuellar and Ray Imel
- Floyd Dryden Middle School (Adair Kennedy field): Jessica Cobley and Scott May
- Community volunteers and high school cross-country coaches and runners will support lead coaches.

Student Expectations:

- **Please bring to each practice: a mask**, running shoes, extra clothes, water bottle, a watch (if possible), and proper clothes for the weather including hat and gloves as it gets colder.
- Maintain a six-foot “bubble” from others.
- Do NOT come to practice or meets if you have any symptoms of illness (e.g., fever, shortness of breath, feeling achy and weird, persistent cough) or have had close contact with someone who is COVID positive.
- Bring a supportive attitude and strong work ethic to practices and meets.
- We expect everyone to run and try all activities, pending illness or injury.
- Be on time.

*We ask all participants to agree to our **2020 MUTUAL AGREEMENT:**

Let's keep each other healthy and accountable. Please wash your hands often, wear a mask in public places, and social distance at practice and in the community. Remind your coaches and your teammates to do the same. Our collaborative efforts **will help keep us running together** and Juneau healthy. We're all in this together.

Scholarships: If you need help purchasing running shoes, please contact Natalie at nataliew@awareak.org.

VOLUNTEERS: To volunteer, please contact nataliew@awareak.org. We appreciate your help!

Thank you for your support!
Middle School XC Program

a partnership between Zach Gordon Youth Center, Juneau School District, AWARE, and community volunteers