

# FUGMAN

## Cross Country

We are so excited your child has signed up for our 2023-2024 Cross Country Team! Please see below for important information & dates.

- **Permission Click:** You must have a completed permission click in order to start on our 1st day of practice, Monday August 28th. See Fugman website (co-curricular) to complete the form.
- **Remind 101 Class Code:** @marlinxc
- **Practice-**
  - Time:** 2:50-3:50. Athletes must be picked up in the main parking lot no later than 4:05pm.
  - Location:** amphitheater
  - Absence Policy:** Please email a coach if your child will not be at practice. If a coach is not notified it will be an unexcused absence.
    - 1 unexcused absence- athlete does not attend the meet that week
    - 2 unexcused absences- athlete does not attend the meet that week
    - 3 unexcused absences- athlete is excused from the team.
  - Materials NEEDED:** water bottle filled with water, running shoes, athletic clothes
- **Distance-** 1 mile for all levels for each league meet. At the Broncomania meet ONLY 4th grader girls and boys will run 0.6 of a mile.
- **Schedule-**
  - ★ District Meet will only be for some athletes, not the whole team. As we get closer to that date, athletes will be notified who qualified to attend.

Date	Team	Location	Time
Sept. 8th	Bronomania	Clovis North	9:30 A.M.
Sept. 22nd	Mountain View	Fugman	2:30 P.M.
Sept. 29th	Riverview	Riverview	2:30 P.M.
Oct. 6th	Bud Rank	Bud Rank	2:30 P.M.
Oct. 13th	Copper Hills	Fugman	2:30 P.M.
Oct. 20th	★District Meet	BHS	TBA

- **Order of Races:** The start times listed above are the time of the 1st race. The order of races will be 4th girls, 4th boys, 5th girls, 5th boys
- **Away Game-** ALL athletes will be dismissed from class and ride the bus to each location. After your child has finished their race you must sign them out on a clipboard that will be with one of our coaches. If you do not sign out your child, they will not be able to compete in the next meet.
- **Uniforms-** will be passed out prior to the 1st meet. On meet day, athletes will change into their uniform at lunch recess, they will NOT be allowed to wear it all day at school. After the season is over, uniforms must be washed and returned in a plastic bag with the athlete's name on it to one of the coaches.

We are looking forward to a great season! If you have any questions, please email a coach.

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