



Pioneer Trail Cross Country PTXC

Dear Parents/Guardians,

We are so excited about our cross country (XC) season. Our first practice is scheduled for Monday, Aug. 19. Helpful information is stated below. If you have further questions, please email me at kdavispt@olatheschools.org

In order to participate in cross country or any other sport this year, students must have a completed, doctor-signed physical dated after 5/1/24, substance abuse, transportation, and concussion forms on file with our school nurse, Rachel Holthaus, rholt haus@olatheschools.org. Please make sure this is done asap as I cannot allow your child to participate until this is on file.

- Students will be running together on the Indian Creek Trails and around Frontier Park. They will run in a team setting and be monitored by coaches. The shade and surface are great training paths for the heat this time of year. Students must practice safety at crosswalks.
- Running shoes are a must! This protects kids from shin splints and prevents injuries. Make sure shoes fit comfortably and consider going a half size larger as feet may swell throughout the day and while running. Students who forget running gear will be sent home and not allowed to practice that day.
- Students should NOT bring cell phones to practice. I will have a cell phone in case of an emergency.
- Our practice schedule is M-Thurs. from 3:30 - 4:40 and some Friday mornings before school at 7:15am at the track. Please arrange for student pick up no later than 4:40 as coaches have responsibilities at home as well.

- We will practice indoors on inclement weather days. Students will be notified in advance if practice is canceled.
- The schedule for XC meets is on the Cross Country website. The practice calendar is also available on the website. For circumstances beyond our control some dates may be changed so please tune in to XC emails.
- Please encourage your child to hydrate! This time of year is hot and humid so kids need to drink more water. Students may bring water bottles to all classes.
- XC Meets: athletes will arrive early by bus on race days, so we have time to review the course together and complete warm ups. Have fun watching your child's race and cheering on athletes' efforts. Please make sure you sign out with one of the coaches before you leave if you plan on taking your child home from a XC meet otherwise students are expected to ride the bus back to school to be picked up immediately following the meet.
- Communication is key. Please email Coach Davis or Coach Dean to keep us aware of absences, student concerns, grades, or questions you may have.
- Lastly, please be aware that students must be passing all classes in order to participate in meets.

We look forward to a fun-filled season. Thank you for supporting your child in cross country!

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