

Bigelow Cross Country 2019 Season

1. Requirements:

- **Registration/consent** – Register your child and enter basic contact and medical information on the FamilyID site <https://www.familyid.com/organizations/bigelow-middle-school> for Bigelow Middle School.
- **User fee** – The user fee for participating in a sport is \$180.00. Families can pay online at <http://www.newton.k12.ma.us/feebasedprograms> . If paying online is a problem, make checks payable to City of Newton to be returned to Ms. Brady in room 201. Families can apply for a financial waiver at the above address.
- **Health documentation** – All student athletes must be cleared for sports through the school nurse – Sue Schy (617-559-6819). To be cleared, each student must have a hard copy, or an uploaded copy, of an updated physical on file with the nurse. The physical must be dated after August 11, 2018.
- **Commitment to Practice Daily:** Commit to practice every day except Tuesday. Please try to make appointments on Tuesdays since this is a day we don't have practice.
- **Running Shoes:** You must have a pair of running sneakers appropriate for training and racing. No basketball, tennis, or soccer sneakers, please.
- **Positive Attitude:** Bring an “I can do it!” attitude to practice every day.

2. Practice: takes place from 3:00pm-4:00/4:15pm. **The first practice** for those who meet the above requirements will begin on **Wednesday 9/11/19**. All other runners can begin as soon as they turn in everything. **The final deadline for participating is Friday 9/13/19.***

3. Competitions: We race against Day, Brown, and Oak Hill as well as a few middle schools outside of Newton. The season ends with an all city championship meet including all four middle schools. Everyone participates in the meets. There are separate races for boys and girls. Meets can take place every day of the week except Tuesdays. The schedule will be handed out as soon as it is finalized by the city.

***Any students who do not meet the requirements by Friday 9/13/19 will be disqualified from participating. If you have any questions, please email Coach Brady: brooke_brady@newton.k12.ma.us**