

2020 Cross Country Information

Cross Country Practices will be conducted following CDC and KHSAA guidelines. Anyone who does not follow the guidelines will not be able to participate. Any TFMS child is able to participate sports no matter which learning model they choose (hybrid, synchronous, or virtual)

Practices: Begin on Tuesday 9/1 3:30-5pm

Practices will be Mondays, Tuesdays and Thursdays (no practice on 8/31)

Students who are in the school building on a practice day will report to the gym at dismissal for check in.

Students who are learning at home on a practice day will arrive in the bus loop by the gym no earlier than 3:20pm. Please wait in your vehicle to be checked in.

What you need to do to participate:

- 1) Complete the athletic packet on Family ID [Click Here](#)**
(You will be asked to upload your KHSAA physical and insurance card)
- 2) Print and fill out Covid-19 Screening (bring to first day of practice) [Click here](#)**
- 3) Sign up for Remind Text: 232986f to number 81010**

**** Deadline for sign up to start on day one is Monday 8/31 at 6pm. If you are registering after this deadline, please email the athletic director after submitting your athletic packet for approval to start on day one****

Check in Procedure for arrival at practice:

**** Check in will not begin until 10 minutes before practice****

Students who attended in person school on practice day	Students who learned from home on practice day
1) Report to the gym at dismissal	1) Arrive no earlier than 3:20pm in the bus loop outside the gym. Stay in car. Arrive ready to practice
2) Will have temperature checked. **If they have a fever over 100.4 they will call home to be picked up**	2) Temperature will be checked. ** If it is above 100.4 they will be asked to leave**
3) Students will enter the gym and wait to be directed to change clothes	3) Pass entry screening- enter gym wearing
* Masks will be worn until athletes during practice when not running.	
* Athletes will remain 6ft apart at all times including while running.	

Items needed for Practice:

Gym shoes, Running Clothes, Water bottle, face mask
(Athletes are not required to run in a mask & water fountains are not available due to Covid-19)

Questions email Athletic Director: angela.boerger@kenton.kyschools.us

Cross Country Season at a Glance:

The Cross Country Team is a co-ed no-cut sport
Any TFMS child is able to participate sports no matter which learning model they choose (hybrid, synchronous, or virtual)

Last day to join is September 10th

Season is from 9/1 to Early November

CDC guidelines and KHSAA recommendations will be followed at practices and meets during the season.

Meets are mostly on Saturdays.

Times & Location depends on meets.

There is currently no official meet schedule made at this time

Practice will be on Monday, Tuesday & Thursday from 3:30-5pm

Cost: \$40 athletic fee (cash or check "TFMS Athletics")

Collected after first practice

Items need for the season: gym shoes, water bottle,
Face-mask, comfortable clothes to run in.

- Water fountains are not available due to Covid-19
 - Face mask is not worn while running

Questions Email Athletic Director:

Angela.boerger@kenton.kyschools.us