

## **Bemis Run Club 2024**

The Bemis Cross Country Club is a developmental running club for the HFII Cross Country Team - we'll focus on creating a healthy, safe, and fun running culture for all participants. While the goal in any sport is to improve, we emphasize learning healthy running techniques and habits that are essential not only for competitive runners but athletes of all levels. Whether you're looking to jump into a cross country program, get in shape for another sport, or just find a fun place to hangout after school, this club will be a good fit for you!

### **What is Cross Country:**

- "Cross country is a distance running sport in which teams and individuals run races on outdoor courses over natural terrain (dirt/grass)" - so basically it's like racing the 2 mile in track but instead of running circles we'll run trails, hills, and fields... it's challenging but lot's of fun.
- It's a fall sport - our season will be from **September 3rd to October 25th** - and we'll race through a full range of weather.

### **Practices:**

- We run after school everyday from 3:10 - 4:15pm
- Most practices will run from Bemis but we may end up at the Ford track or visit other parks on occasion (this will be communicated in advance).
- Practices will consist of building mileage, speed workouts, and recovery days, topped with core exercises and team stretching. We'll mix in the games and fun runs too!
- Expect between 1-5 miles a day at practice (dependent on experience level)

### **Races:**

- While not required, races are a highly encouraged way to compete, see what XC culture is all about, and meet the high school team. Middle schoolers will race on 3k (1.8 mile) courses this year. A meet schedule will be posted and shared at practice.

### **Equipment:**

- Running is great because all you really need is a decent pair of shoes! Coaches can recommend some good options if you're unsure of what to look for.
- Change after school into some shorts, t-shirt, and running shoes and you're good to go.

### **Paperwork:**

All athletes are required to submit a SPORTS PHYSICAL and EMERGENCY CONTACT form via Big Teams in order to join! This is for your safety and forms can be found in the Bemis front office or from the coaches.

### **Payment:**

Each runner will pay \$45 to join the team for the season. This pays for a team shirt and race entry fees.

We'll also set up a fundraising page and ask students to find sponsors to raise support as a way to pay for team gear and other team costs. As we grow the program, it's important to have an operating budget that allows us to support more runners and join more races. All finances will be managed through the front office at Bemis.

### **Contact:**

Our team will primarily use the Remind101 app to communicate. This system allows parents and students to connect and reply to the most up to date team announcements. To sign up, use code "@bemiscc" in the app or text "@bemiscc" to 81010.

Coaches can also be reached via email at - [bemisxcc@gmail.com](mailto:bemisxcc@gmail.com) - Please reach out with any questions!

### **Community:**

With the goal of engaging young runners and creating an awesome running culture at Bemis Junior High, the coaches would love to get our team involved in the running community in various ways. Whether it be hosting pasta parties before meets, doing fun runs together, or volunteering at local races, we want to see the team flourish year-round. We'll play this by ear and it will definitely take parent engagement, but we can't wait to see the creative ways we can grow as a team!

Because the Bemis Run Club is not an official school sponsored sport, we have to manage and fund ourselves independently. While this will create some logistical obstacles, we won't let that slow us down! As mentioned above, with team fundraising, student/parent engagement, and support from the Ford XC Team, we can't wait to kick off a great season this fall!