



GATEWAY MIDDLE SCHOOL

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Linda Butler, Principal
Kalle Spear, Assistant Principal

Dear Parents/Guardians,

We are excited that your student has chosen to participate on the Gateway Cross Country Team. It is an honor to represent Gateway on one of their sports teams.

I wanted to make sure that all parents are informed with what we will be doing this season and this letter should answer most of your questions.

If you would like, please send me an email jschilaty@everettsd.org with "Cross Country" in the subject line and I will get your email on a distribution list that will allow me to communicate directly with you as the season moves along with reminders about upcoming meets and other information the athletes may not share with parents.

Student Behavior: We want our athletes to enjoy cross country and we also expect them to behave safely. In the event an athlete is behaving in a dangerous or disrespectful way we will correct the behavior, give the student a warning that if the behavior happens again they will be suspended from the team for one week and we will notify parents. If the behavior continues after the warning and parent contact we will suspend the student for a week. If the behavior continues when the student returns the student will not be allowed to continue with the team for the rest of the season.

6th Grader Participation: We love to have 6th graders participate on our team. We run off campus most practices so if 6th grade students are not able to run/walk one mile in ten minutes or less after the first two weeks we will notify parents and parents can either attend practice with their student and supervise them while we are running off campus or the student will not be able to continue with them team.

Parent Volunteers welcomed: We welcome and encourage any parents available to help at practices. If you have cross country experience or not you are welcome to come and run with us. If you can help please fill out the district volunteer forms and let me know what days you are able to assist at practice. To access the form on line go to: <http://www.everettsd.org> click on "Community" (top middle of screen), "Volunteer," then "Apply online."

Parent meeting: We will have a brief parent meeting in the Library at the end of practice on Wednesday September 12th from 4:30pm to about 5:00pm. We will go over student/athlete expectations and what parents need to know to support their student.

Practice schedule: we will have practice after school from 3pm to 4:30pm Monday through Friday every day we have school. Students will be available for pick up at 4:30pm. For students who are not able to be picked up we will have a study hall in the front office from 4:30pm until 5pm then students will be able to ride the 5:15pm activity bus home after practice. **If a student has not been picked up by 5:00pm we will have them ride the activity bus home.** If there is no school there will be no practice, including if

The great thing in the world is not so much where we stand, but in what direction we are moving.

-Oliver Wendell Holmes

school is canceled for weather we will not have practice. Also, there will be no practices on days we have a meet or on Weekends. WIAA rules require that an athlete needs to have **8 practices before they can participate in a meet**. We have 9 practices before our first meet.

We will have practice on the first three early release Fridays of the season (September 7, 14 and 21). We DO NOT have a supervised study hall in the Library so students will need to go home after school and return for the 3pm start of practice.

Personal gear for practice (we will be outside for the entire practice, rain or shine):

- Running shoes
- Appropriate layers of clothing including sweats and sweatshirt, base layer clothing, etc.

Athletic Fee: there is a \$40 fee for each sport a student athlete participates in at the middle school level. This fee needs to be paid before an athlete can participate in a meet. Checks can be made out to “Gateway Middle School” and given to the front office. 6th graders do not pay the fee as they will not be riding the bus to meets or participating in meets.

Meet schedule: I have included the meet schedule with this letter. Schedules can also be viewed at www.wescoathletics.com. For a link directly to the schedule you can go to the Gateway Website and click on “STUDENTS” then “ATHLETICS” then “Cross Country” and you will see a link to the schedule there.

Expectations on Meet days: Students will change at school and ride the bus to the meet location. We will ***NOT have a bus bringing athletes back to Gateway***. All students need to get a ride home from a parent or have a note to go home with a friend’s parent. The hosting school will have all the athletes do a walkthrough of the course starting around 3:45pm. The 7th and 8th grade girls will run together and their race starts around 4pm. The 7th and 8th grade boys run together and their race will start as soon as the girls’ race is finished, usually around 4:30pm. The boys’ race typically ends about 5pm. Athletes can leave after they have completed their race but we encourage them to stay until the end of the meet to support their teammates that are still competing. Seating is limited so you may want to bring a lawn chair to sit in and umbrellas for rainy days.

Athletes need to bring the following to each meet

- Uniform
- Sweats and any other clothing to keep them warm as they will be outside for the duration of the meet
- Water Bottle
- Running shoes

Off Campus Form: included with this letter is an Off Campus form. Please sign and return to coach Schilaty. This allows us to take runs off campus. We typically run off campus three to four days a week.

Let me know if you have any other questions and I look forward to an enjoyable season.

Coaches Jessen Schilaty and Laura Schilaty
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