



GATEWAY MIDDLE SCHOOL

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Matthew Bennett, Principal
Michelle Renee, 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.

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 and if the behavior happens again, we will correct the behavior and 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: 6th graders can practice with the team on **Mondays and Wednesdays**. 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 the 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 can come to practice. To access the form online go to: <http://www.everettsd.org> and click on "Parents" (top middle of the screen) then "Volunteer."

Parent meeting: We will have a brief parent meeting in the library at the end of practice on Thursday, September 12th from 4:30 pm to about 4:50 pm. 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 3 pm to 4:30 pm Monday through Thursday every day we have school and the first two Fridays of the season. Students will be available for pick up at 4:30 pm. For students who are not able to be picked up, there is a 5 pm activity bus that can take them home. One of the coaches will stay on campus until all students are picked up or on the bus. **If a student has not been picked up by 5:00 pm we will have them ride the activity bus home.** If there is no school there will be no practice, including if 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 11 practices before our first meet.

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

We will have practice on the early release LIF Fridays (9/13 and 9/20) from 3:00 pm to 4:30 pm. We DO NOT have a supervised study hall, so students need to go home after school and return for the 3 pm 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 sweatshirts, base layer clothing, etc.

Athletic Fee: there is a 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. Families can pay online or 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: Schedules can also be viewed online. Go to the Gateway website, click on "Students" then "Athletics," then "Cross Country" and "Schedule".

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 arrange a ride with a friend's parent. The hosting school will have all the athletes do a walkthrough of the course starting around 3:45 pm. The 7th and 8th grade girls will run together and their race starts around 4 pm. The 7th and 8th grade boys run together, and their race will start as soon as the girls' race is finished, usually around 4:30 pm. The boys' race typically ends at about 5 pm. 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

Permission for students to run Off-Campus: To give permission for your student to leave campus please complete this Google form: <https://forms.gle/LxU82jCkEQX6TEAJ9>. 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, Laura Schilaty and Justin Priddy
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