

2021 Spring MCHS Cross Country and Track & Field News!

JAN 30, 2021 UPDATE: -By Greg Fogg, MCHS Head XC/Track & Field Coach (707-291-2967 or greg.fogg@comcast.net)

MCHS XC and Track programs will start up again! ...With the recent Stay At Home (SAH) order lifted, both XC and Track & Field, recognized as “purple tier” sports have now been allowed to resume!

IMPORTANT: At this time, all sports activities will be confined to the MCHS campus and will be strictly following COVID safety protocols established by our School district (following our local Sonoma County Health Order and additional safety guidelines/restrictions as required by our School District), these including, but are not limited to: Temp check and symptom check-in for each practice, wearing masks and social distancing, being assigned to a static Cohort training group, cleaning of restroom facilities, no sharing equipment, etc...)

HOW DO I SIGN UP? Every athlete for either XC or Track & Field (or both) needs to follow these steps. **IMPORTANT!** Every athlete needs to complete ALL OF THESE REQUIREMENTS PRIOR TO BEING CLEARED FOR PRACTICE!

➤ Coach Greg Fogg will be checking your SportsNet account to confirm you are “CLEAR TO PRACTICE”

- 1) Fill-out an Athletic Packet from the MCHS school website, including submitting a Physical form. Instructions are available here [LINK](https://mchs-santarosa-ca.schoolloop.com/) (MCHS website <https://mchs-santarosa-ca.schoolloop.com/> > Athletics > “Instructions for Registering Your Athlete”); you’ll need to get your parents involved in this process; there is a lot of information required here! **IMPORTANT** to upload and electronically sign all policies and Agreements in this Packet!
- 2) Every Athlete will be required to attend a 30–40 minute COVID-19 Education Zoom Class (day/time TBD).

CROSS COUNTRY (XC): Season starts Tues Feb 9th – April 7th

-Practices start on Tuesday, Feb 9th, 5 days, Mon-Fri, from 3:30-5:00 pm

-XC League Competition includes 4 meets (MCHS Home = 2.5 mile campus course):

Home Meets: **March 10** vs. Windsor HS, **March 17** vs. Piner

Away Meets: **March 24** vs. Monty HS at MHS, **March 31** vs. Santa Rosa at SRHS



TRACK & FIELD: Official season starts March 29 - June 12th.

-Conditioning starts on Monday, Feb 8th, M-W-F (at MCHS track) from 3:30 -5:00

-Practices start on Monday, March 29, 5 days/week Mon-Fri, from 3:30-5:00 pm

-Track & Field League Competition includes 4 meets:

Away Meets: **May 5** vs. Monty/Windsor at Windsor, **May 12** vs. El Mo at El Molino

Home Meets: **May 19** vs. Piner, **May 26** vs. Santa Rosa



COMMUNICATION:

- Information for both XC and Track will be posted on our team website here: www.mariacarrillorun.com
- Best for athletes & your parents to subscribe to our “Remind” text messaging announcements (brief messages sent once or twice a week) for critical information for practices, directions to competitions, etc... -Sign-up for both if you plan on doing XC + Track:

For XC: Just address a text message to **81010**, then send this message: **@pumaXC2020**

For Track: Just address a text message to **81010**, then send this message: **@MCHStf20A**

...NEED MORE INFO? Contact: Greg Fogg, Head Coach XC/Track & Field (707) 291-2967 or greg.fogg@comcast.net
(OK to reach out via text/call on Greg’s cell phone; after 7pm or weekends usually work best)

Communication updates will be sent via “Remind” text updates ~once/week
Information to be updated here soon on our team website: www.mariacarrillorun.com