MCHS XC Pre-Season Information (Updated Aug 7, 2021)

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

MCHS 2021 XC OFFICIALLY STARTS ON MONDAY, AUGUST 8TH!

- **XC Season:** Starts Feb 8th through Nov 12th (varsity top 10 go through Nov 27th)

- **Practices:** 5 days/week = pick-up at MCHS near entrance to track/blacktop:
  Mon-Tue-Thu-Fri: 4 – 6pm
  Wed: 3:15 – 5:30pm
  Sat: Optional 9-11:30am group long run (locations TBD via Remind text)

- **Competition:** Complete 2021 schedule here: **https://mariacarrillorun.com/2021-xc-season/**
  Most competitions are Varsity and JV Divisions
  Some invites have Frosh-Soph or class unique divisions

- **Parent Team Meeting:** August 18, MCHS Track 5:30 - 6:45pm

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➤ HOW DO I SIGN UP / HOW DO I KNOW I'M CLEARED TO PRACTICE?

1) Did you fill out an **Athletic Packet** from the MCHS Website? (includes submitting a Sports Physical; IMPORTANT to upload and electronically sign all policies and Agreements in this Packet!)

   LINK here from MCHS website https://mchs-santarosa-ca.schoolloop.com/
   MCHS Website > Athletics > "Instructions for Registering Your Athlete"

2) Have you completed your **Pre-Participation Questionnaire** (PPQ) form?
   ...Athletes can access this questionnaire via the QR code here
   using SRCS email to access this questionnaire (takes just a few minutes)! ...If not completed, there will be a "COVID" flag in your SportsNet account

3) Have you signed up for XC in your **SportsNet** account?
   ...Once you've set-up your account, you can see what your status is and what requirements (if any) you're missing; this example shows Ella Chong all cleared (no Eligibility Issues!), while others still have a few items to complete...

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➤ **OTHER IMPORTANT THINGS TO KNOW ABOUT PARTICIPATING ON THE MCHS TEAM:**

COMMUNICATION:
-**MCHS XC Team Website**: https://mariacarrillorun.com/2021-xc-season/
-**Remind Text Messaging**: Sign-up by just address a text message to **81010**, then send this message: **@pumaXC2020**
(typically, Greg will send 3-4 messages out each week, outlined details for practices, competitions, important events)

TRANSPORTATION:
-We will be driving to the local parks for workouts 3-4 times a week; if you are not ok with a student driving your child, (please remind them to remind us!) we will make sure these athletes are driving with coaches/parents
-FYI and TBD based on our final roster size: We might need 3-4 parents each day to assist in driving athletes to park locations; contact Greg if you are able to help us drive to Channel Drive, Howarth Park or Park Trail workout locations.

COVID SAFETY PROTOCOL: At this time, we have not been provided any specific COVID safety protocols from the District similar to what we were doing last Fall/Spring.   ...However, all XC practices will be outside, we will be social distancing when ever possible, no sharing of water bottles and we will be requesting all drivers/athletes to wear masks while groups are driving in cars for the ~5-minute drive to/from parks for workouts.

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NEED MORE INFO? Contact: Greg Fogg, Head Coach XC/Track & Field (707) 291-2967 or greg.fogg@comcast.net