

Oak Meadow/BUMI Cross Country Team

Welcome to the Oak Meadow/BUMI Cross Country Team!

All students in grades 3-5 are eligible to join the Oak Meadow/BUMI Cross Country Team. Runners will race against other girls or boys in their grade level.

Your child **MUST** have their permission slip, Buckeye Union School district sports participation packet, cover sheet with t-shirt size and fees turned in by our first practice (**DUE by start of practice on Monday August 28th**). Packets/runners will not be accepted after this date. Please make checks payable to Oak Meadow Elementary for \$45.00. This fee pays for an Oak Meadow cross-country team, t-shirt, and transportation to the meets. Make sure that your child wears this t-shirt to each meet. It is not necessary to wear this t-shirt to practices.

The season will start on **Monday, August 28th**. Runners will meet at the lunch tables after school. Practices will be held on Mondays and Wednesdays after school and generally run about 60 minutes long. It is **VERY** important that students attend practices. We understand that other sports are going on during this time, but to be considered for finals and to participate on the team, students need to be at practice. As with anything else, with more practice comes more success.



It's August and it's hot! Please make sure that your child is properly dressed for running in this weather– cool, breathable clothing and comfortable athletic shoes. Make sure your child brings plenty of water to practice days as well! Watch your email for notifications or call the school office regarding practice cancellations due to heat or smoke conditions.

Students **must be picked up** promptly from practices and meets since there will be no supervision for them. Please make sure that your child knows where to go after each practice (ex: Extended Day, walk home, etc.). If your child is to wait for a ride, please have them wait in front of the school office.

Meets will be held on Wednesday's starting September 20th. **All students are required to take the bus to the meets.** Students must be picked up from school or have childcare after school on meet days until the bus arrives. We will let you know prior to the meet what time they need to be

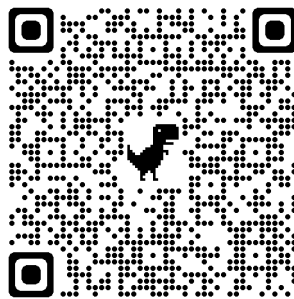
back at school to load the bus. There is no supervision in between school's release and the bus arrival so please make sure to make appropriate arrangements for your child.

We anticipate having over 100+ runners and we are in need of parent help! Volunteer opportunities include: providing drinks/popsicles at meets, a parent to deliver and set up shade structure and table, and parents to help check out runners after meets. ***We need all of the help that we can get, and some jobs can be shared.***

Lastly, we are asking you to make sure that you help us keep our outstanding Oak Meadow reputation by making sure that your child knows that they should be on their best behavior at all practices and meets, at all times. *Students, who are not behaving at practice or meets, will be asked to leave the team.* With over 100 kids in participation, there will be a NO TOLERANCE policy for behavior that is deemed inappropriate or non-sportsman by coaches. This includes elbowing during a race, goofing off during meets, practice, or on the bus, and foul language. Remind them that they are a part of a team. If they are not running, they should be staying cool, stretching, preparing for their run and/or cheering on fellow team members. In addition, we want to make sure that all wrappers, bottles, and personal belongings are picked up at our OM tent area at the conclusion of all meets.

If you have any questions, you can contact us:
Ashley Flemming & Tera Matulich
aflemming@buckeyeusd.org

*****Please use this to fill out your contact information electronically and to order your shirt***



Use the QR Code or use the link below to sign up
[Cross Country - Sign Ups](#)

Oak Meadow Cross Country 2023 Schedule

Meets run 3:30 to about 5:00. The usual format is to run third grade first, then fourth, and fifth graders run last. However, the order can be changed- we do not know this ahead of time, so to ensure you see your child run, the best thing to do is be there at the start of the meet.

On meet days, the bus will usually load between 2:30 -3:00 in front of the Oak Meadow office. Remember, you must provide supervision for your child from 1:10, when school is dismissed on Wednesdays, until bus loading time. Coaches will pick children up from Extended Day. In addition, you ***must provide transportation home from each meet.*** Lastly, and most importantly, ***remember to sign your child out from each meet.***

Practice and Meet Schedule: (Subject to change, check email from coaches)

Monday August 21	Mandatory Parent Informational Meeting 2:15 in MPR (Gym)
Monday, August 28	Practice: 2:15 - 3:15 (Green Benches)
Wednesday, August 30	Practice: 1:15 - 2:15 (Green Benches)
Friday, September 1	IN SERVICE DAY -NO SCHOOL
Monday, September 4	NO PRACTICE - Labor Day
Wednesday, September 6	Practice: 1:15 - 2:15
Friday, September 8	(Optional) Practice: 7:15 - 7:45
Monday, September 11	Practice: 2:15 - 3:15
Wednesday, September 13	Mock Meet @ Oak Meadow 1:15-2:15
Friday, September 15	(Optional) Practice: 7:15 - 7:45
Monday, September 18	Practice: 2:15 - 3:15
Wednesday, September 20	Meet: Valley View Elementary @ 3:30 Bus meets at OM @ _____

Monday, September 25	Practice: 12:05-1:00pm
Wednesday, September 27	Meet: Silva Valley Elementary @3:30pm Bus meets at OM @ _____
Monday, October 2	Practice: 2:15 - 3:15
Wednesday, October 4	Meet: Lake Forest Elementary @4:00pm Bus meets at OM @ _____
Monday, October 9	Practice: 2:15 - 3:15
Wednesday, October 11	Meet: Buckeye School @ 3:30 Bus meets at OM @ _____
Friday, October 13	Coaches will post finalist/alternate lists.
Monday, October 16th	Practice: 2:15 - 3:15 (FINALIST ONLY)
Wednesday, October 18	Finals Meet: 3:30 El Dorado County Fairgrounds - info will be sent home
Monday October 23	End of season celebration for all runners. 2:15 Outdoor stage/Green benches

****** We will send out an email with bus details/updates for each meet. Be sure to look for these in your email. ******