



Sturgis Charter Public School
An International Baccalaureate World School



Sturgis West Athletic Department

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Season Information for Boys & Girls Cross Country

Dear Parents & Student-Athlete,

Welcome to the **Sturgis West Cross Country season**. Please take the time to read this season information letter carefully. There is a lot of information and we hope that this letter answers many of your questions. The official season begins on **Thursday 23rd August with tryouts beginning that day**. If you have questions feel free to contact the athletic office at any time. Our first official school day is Wednesday 29th August.

Who can participate? This athletic season is open to grades 9-12. Sturgis has a no cut policy for its sports teams. We believe that the lifelong lessons imparted through an athletic program should be accessible to all. Generally every student-athlete will participate in all league and invitational races. Some athletes are designated as varsity athletes at each meet. Your coaches will explain the selection procedure and criteria.

Practices There are a maximum of **5 scheduled practices/races per week**. All athletes must attend every practice. Each student-athlete will need to bring **appropriate athletic footwear, clothing and water bottle**. If an athlete is unable to attend a practice, he / she should speak with the head coach. If a student is absent from school due to illness, it is helpful if a parent can c.c. the coach when using e-mail to inform the school secretary.

Practice times and venues. Practices are generally at West beginning at 3:45. Each practice can last for 1 ½ to 2 hours. The home race venue is Sandy Pond, Yarmouth.

Schedule A link to the schedule and games can be found at <http://sturgiswestathletics.com/>. We encourage each student / parent to create a Big Teams account. **Please note that there are contests on Saturdays, and inclement weather may dictate that contests take place over any other day currently not scheduled. School time will be missed for some races.** If you wish to prioritize other events over this season, be proactive and talk with your coach. Be sensitive to the fact that missing games and practices will affect your playing time.

Before signing up for an athletic season, each parent and student-athlete should read the online **Athletic Parent Handbook**. **By giving permission for your child to participate in this activity you and your child understand and agree to the policies referring to;** Commitment; Health requirements (physical exam, opioid misuse prevention information for Student-athlete and Parent, impact concussion assessment); Submission of Paperwork; Attendance; Student Conduct and Behavior; Academics; Chemical Health; Transportation;

Taunting, Hazing and Bullying; Uniforms **set out in the handbook**. This can be accessed at <http://sturgischarterschool.org/athletics/AthleticParentStudentHandbook.html>

The sign up process involves **2 steps**:

- 1) Complete the online Registration, **June 1st**

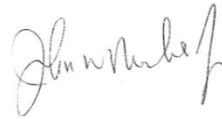
- 2) Return the following by **August 23rd**.
 - i. **Participation waiver form (list each season sport for which there is an interested)**
 - ii. **A copy of a valid physical exam.**
 - iii. **A \$100 participation fee**

Do not turn any paperwork into a coach. Post it to Sturgis or turn it in directly into the athletic office.

Kind regards



Brij Anand,
Director of Athletics



John Newcombe,
Assistant Director of Athletics