

# Hadley Cross Country

The Cross Country team is a dedicated group who enjoy running. All 6<sup>th</sup> thru 8<sup>th</sup> graders are eligible to participate. There are no tryouts or cuts. The season starts when school begins and lasts through September. The team is part of the West Suburban Middle School Athletic Conference.

**Equipment needed:** Shoes

**Costs:** Activity Fee and tee shirt

**Location:** Hadley and Ackerman Park

**Practices:** Practices are every weekday afterschool until 4:45, unless there is a meet.

**Schedule:** A meet schedule will be available on the Hadley website prior to the season. Home meets take place at Ackerman Park. Buses to and from away meets will be provided. Buses are provided only to home meets and then parents pick-up at Ackerman.

**Athlete Expectations:** Adhere to student-athlete code of conduct. Be present and on time for all practices and meets. Be a positive teammate.

**Playing Time:** Everyone will run in most meets. At the conference meet, only the top 20 boys and girls at each grade level will run.

**Events:** 8<sup>th</sup> graders race about 2 miles and 7<sup>th</sup> graders race about 1.5 miles

**Communication:** There will be a parent meeting at the start of the season in addition to player meetings, e-mail, and announcements at practices. Please contact coaches via phone or e-mail with any issues that come up during the season.

## Coaches:

- Boys – Mr. Dixon, (630) 534-7473, [sdixon@d41.org](mailto:sdixon@d41.org)
- Girls – Karen Slager and Sarah Maher [\\_\\_\\_\\_\\_](#)