



CSMS

Panther Athletics

Fall Cross Country

Overview

School Year 24-25



CSMS Athletics Staff *

Athletics Administrator	Jamaal Carter	jlcarter3@fcps.edu
Athletics Coordinator	Coach Ty	tlaugustin@fcps.edu
Fall Cross Country Staff	Coach Tatum Fevrier Coach Veronica Nerone	tmfevrier@fcps.edu vjnerone@fcps.edu
Spring Track Staff	TBA	

***Principal Underhill oversees the Athletics Staff**

Why Cross Country and Track and Field

- Great numbers
- Low impact
- Teamwork/Bonding
- Healthy
- Prep for interest in High School athletics

District Logistics

- Budget- no allocated funding given to schools, costs are managed centrally
- Physicals - athletic physical is required
(Different than annual wellness physical)
- Meet Transportation- from base school to competition site and back will be provided

MS Athletics Registration Steps

Forms that ***must*** be completed for registration and participation in MS Athletics for the 24-25 School year:

1. Review the [FCPS Middle School Sports Website](#)
2. Complete the FCPS Middle School Athletic Participant [Registration Link](#) (Submitted Digitally)- DUE before a student can participate and stay after school.
3. Obtain and provide an FCPS Middle School [Sports Physical Form](#) (Submitted by email [tlaugustin@fcps.edu] or to Sandburg Main Office) - DUE before a student can participate **and** stay after school.
 - a. **NO STUDENT MAY PRACTICE UNTIL THIS FORM HAS BEEN FULLY COMPLETED AND SUBMITTED**
4. Submit [Emergency Care Form](#) (Submitted Electronically or to Sandburg Main Office) - DUE 9/9
5. Complete the Sandburg After School Program [Registration Form](#) (Submitted Digitally) - DUE 9/9

FAMILY PAGE:

Family / Student / School

REGISTRATION for Season Flow Chart → → →

-Student may **NOT** practice without following steps A-D

-A-

Family:

Complete AND
Submit the
**FCPS MS
Athletics
Registration
Google Form**
online
([link](#))

-It is imperative that
this is Step 1

-B-

Family:

Complete AND turn
in the **Middle
School
Athletics Physical
Form**
(PPE)
-to the
School-based
Athletic
Coordinator
([link](#))

-This MUST be
dated after
May 1, 2024

-C-

Family:

Complete AND
turn in the
**Emergency Care
Form** (ECF)
-to the
School-based
Athletic
Coordinator
([link](#))

-This MUST be
filled in fresh each
school year

-D-

School AC:

Student can now
participate in
practice. AC
needs to let Coach
know they are
done with 1-3.

-Student may **NOT**
practice without
following steps 1-3

-Student can
participate in a
meet only after
completing **3
practices.**



Important Dates

- ❑ Tuesday, August 27, 2024 - Parent Info ZOOM Meeting
- ❑ Monday, September 9, 2024 - 1st day of practice
- ❑ Saturday, September 21, 2024 - First CC meet (AWAY)
- ❑ Saturday, October 26, 2024 - Tentative CC Championship
- ❑ Thursday, November 7, 2024 - End of Season CC Team
Celebration
- ❑ March/April 2025 - Start of Spring Track

District Participant Eligibility

- Enrolled in school
- Bona fide student in good standing
 - Panther in Pursuit
- Eligible to participate in after school program

Cross Country Team Members should:

- ❑ Be Panthers in Pursuit of Excellence
- ❑ Be on time to class
- ❑ Be respectful to staff and peers
- ❑ Have no failing grades



Sandburg After School Programs & Clubs

- ❑ Monday - Thursday 2:20p-4:40p
- ❑ Expectations - Staying after school is a privilege!
We want everyone that chooses to stay to have a fun and safe time and to enjoy themselves. To do so, students must adhere to the following rules set forth to participate.

Sandburg After School Programs & Clubs Participation

STUDENTS STAYING AFTER SCHOOL MUST:

- * Keep our school and location clean.
- * Use kind, supportive and inclusive language with students and staff always.
- * Engage others with respect and maintain positive interactions with peers.
- * Report directly to the cafeteria for After School Attendance By 2:20pm.
- * Keep cellular devices off and away during program activities.
- * Notify a staff member when needing to use the restroom or move to another location / activity.
- * Program staff will follow the Student Rights and Responsibilities to support positive student behavior and to intervene when deemed necessary.
- * Repeated infractions of the SRR during the after-school program, may result in limited student participation in an activity, removal from the program, or additional disciplinary actions.
- * For safety reasons, students are not permitted to utilize 3rd party apps for food delivery or ride share services. If utilized, food and rides will be refused at the main entrance.

If you have questions or need additional information? Please contact Mr. Carter After-School Program Specialist - jlcarter3@fcps.edu

Athlete Attire

Athletic Attire must adhere to the FCPS Dress Code Policy

Practices -

- Appropriate T-shirts / Sweatshirts
- Appropriate Shorts / Sweatpants
- Athletic Footwear/Running Shoes

NOTE: No student athlete will be allowed to be shirtless or wear mid-drift tops or sport undergarments ONLY (i.e. sports bra or tank tops) during practice

Meets -

- Uniform top provided
- Black, Blue or Grey bottoms
- Athletic Footwear/Running Shoes

Cross Country Schedule

Practices are (2:40p-4:40p) Mondays and Thursdays

September Practices

- **Week 1:**
 - Monday, 9/9/24
 - Wednesday, 9/11/24
 - Thursday, 9/12/24
- **Week 2:**
 - Monday, 9/16/24
 - Wednesday, 9/18/24
 - Thursday, 9/19/24
- **Week 3:**
 - Monday, 9/23/24
 - Thursday, 9/26/24

October Practices

- **Week 4:**
 - Monday, 9/30/24
 - Wednesday, 10/2/24
 - Thursday, 10/3/24 - NO Practice - School Closed
- **Week 5:**
 - Monday, 10/7/24
 - Thursday, 10/10/24
- **Week 6:**
 - Monday, 10/14/24 - NO Practice - School Closed for students
 - Tuesday, 10/15/24
 - Thursday, 10/17/24
- **Week 7:**
 - Monday, 10/21/24
 - Thursday, 10/24/24



Sandburg Panthers Fall Cross Country 2024 Meet Schedule

Time: 7:00a-12:30p

Day: Saturdays



**Parent volunteers needed at each meet. More details to come.

Date	Location/Time	Report to Sandburg for Meet Transportation
Sept 21	Twain MS @ 8:30a	7:00a*
Sept 28	Key MS @ 10:30a	9:15a*
Oct 5	Kilmer MS @ 8:30a	7:00a*
Oct 12	NO MEET	
Oct 19	Poe MS @ 10:30a	9:00a*
Oct 26	TBA	TBA

*NOTE: Specific Meet Event Details Sheet will be sent out every Thursday via TalkingPoints & hand out to students.

Competitions

- There are five schedule competitions
- Athletes will be competing in 3,000m (3K) races. This is just under two miles.
- Sandburg Athletics Leadership will provide meet transportation details.
- Athletics Staff will be responsible for communicating all competition details to the team.
- SAAP is contracting a timing company to assist with meet management
- Certified Athletic Trainers will be onsite for meets
- Meet Format
 - Race 1 - 8AM arrival, 8:30 start
 - Race 2 - 10AM arrival, 10:30 start
 - Anticipate 2 heats (Boys/Girls) each race
 - Anticipated departure time to return to Sandburg to be 2 hours after arrival

Coach Nerone & Coach Tatum's Expectations

1. Always have water at practices
2. Show up to train, not overtrain
3. Wear appropriate clothes and running shoes
4. Form bonds with teammates and help others succeed
5. Attend practices weekly
→ Four practices before first meet

Student Athlete Self-Care

Becoming a student-athlete provides an excellent chance to develop essential skills and habits that can help young individuals become more prepared and responsible as they progress in life. We encourage students to do the following:

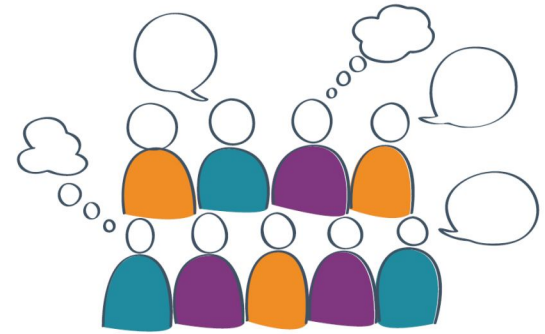
- Hydrate
- Stretch
- Cardio workout on your own 1-2 days a week.
- Time management
- Access Village support (parents, family members, counselors, trusted adult, coaches, etc)
- Appropriate nutrition
- Sleep

Miscellaneous Cross Country Info

- *Students must sign in at lunch each day of practice to confirm attendance.*
- When the dismissal bell rings, on practice days, students should report to the cafeteria by 2:20pm for academic check ins.
- Students who are riding the late buses home will report to cafeteria at 4:40pm
- Students who are walkers or have parent transportation will exit the building out of Door #1 at 4:40pm
- West Potomac High School Cross Country and Track Coaches will be at few practices for training sessions
- Potential discount at Pacer Running Store and Potomac River Running Store

Fall Cross Country Communication

- Athletic Coordinator emails
 - ◆ tlaugustin@fcps.edu
- Fall Cross Country Coaches emails
 - ◆ tmfevrier@fcps.edu
 - ◆ vjnerone@fcps.edu
- Talking Points
- All Parent Schoology Course
- X (Twitter) Account @ SandburgSports
- [Sandburg Athletics - Cross Country Website](#)



Track Schedule

TBA

FYI

★ Sandburg Spirit Wear

★ Road Runner Sports in Arlington extending a 10% off discount from September 9, 2024 through September 16, 2024.

- Just mention Sandburg Track and Field.
- Our program also gets 10% of the proceeds from sales.

★ Positive Coaching Alliance Parent Workshop

- In this workshop, our parents will learn about the why and how on focusing on one of the goals of teaching life lessons through sports!
- Fall Workshop Session TBA

Questions



You are welcome to email your questions to
tlaugustin@fcps.edu