

Cross Country

2024 Middle School Packet



Cohner Davis

Middle School Coordinator

Cedar Hills Recreation Center

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TUALATIN HILLS
PARK & RECREATION DISTRICT

Program Schedule:

- *First Day of Practice:* September 12th
- *Last Day of Practice:* October 29th
- *District Meet:* November 2nd

Practice Schedule: *Official practice times subject to change based on space availability*

- *Practice Days:* Tuesdays & Thursdays
- *Time:* 4:15 pm - 5:30 pm (ISB 3:15 pm – 4:30pm)
- *No practice on any days that schools are closed (Including Student Conferences)*

Cross Country Mission Statement:

The THPRD Cross Country program is committed to introducing and promoting the sport of Cross Country to Beaverton youth. Our primary focus is on instilling values of teamwork, friendship, and good sportsmanship. Additionally, we aim to provide essential knowledge of training principles, meet procedures, safety, and trail/course etiquette specific to cross country. Our program embraces an inclusive and recreational approach, welcoming students of all abilities and fostering a supportive environment for all participants. We are dedicated to offering an inspiring introduction to the world of sports, coupled with a rewarding cross-country journey.

Pick-Up Protocol:

Recognizing the busy schedules of both athletes and adults, we ensure that practices conclude promptly at 5:30 pm (3:30 pm for ISB), with students ready for pick-up at the scheduled time. We kindly request parents to be punctual and consider carpooling if timing may pose an issue.

Program Locations:

Middle School program locations include Cedar Park, Conestoga, Five Oaks, Highland Park, ISB, Meadow Park, Mt. View, Stoller, Tumwater, and Whitford. Please note that practices are held on campus, while meets take place off-campus.

REGISTRATION INFORMATION:

Registration for Cross Country opens on the first day of Fall class registration. You can register online at www.thprd.org, by phone at 503-629-6340, or by visiting any THPRD recreation facility.

Please note that a THPRD account is required for registration.

EMERGENCY INFORMATION:

Ensure the safety of your child by having a current emergency contact information form on file, accessible through your THPRD account online. Additionally, your THPRD account is linked to an email address, which will be used for updates and important notices throughout the season.

Cedar Park	CH29100
Conestoga	CH29101
Five Oaks	CH29102
Highland Park	CH29103
Meadow Park	CH29104
Mt. View	CH29105
Stoller	CH29106
Tumwater	CH29107
Whitford	CH29108
ISB	CH29109
Saturday Clinic	CH29110

**Please verify that your email and phone number are up to date.*

INCLEMENT WEATHER:

While our program operates in various weather conditions, including hot and cold, wet and dry, we prioritize safety and will not practice in thunder and lightning. THPRD follows the Beaverton School District closures. Therefore, if schools close due to inclement weather, both on-site practices at schools and off-site meets are canceled.



STUDENT CODE OF CONDUCT:

Warning: First Offense

Strike 1: An initial warning and a call or email to parents.

Strike 2: Adults will be contacted.

Strike 3: Adult will be contacted by THPRD Management staff. A meeting will be scheduled to discuss appropriate action.

INAPPROPRIATE ATTITUDE:

Disruptive behavior, and disrespect for coaches, property, or other athletes will not be tolerated. Consequences include the child sitting out the remainder of practice and parental notification at pick-up. Persistent interruption or talking during team addresses by the coach may result in a warning followed by consideration as a first strike.

ELECTRONIC DEVICES:

- Cell phones are allowed only for calling/texting parent(s)/adult(s).
- MP3 players, iPods, or similar electronic devices are prohibited during practice.
- Athletes must sign out with a coach before leaving practice or after meets; failure to do so is considered one strike.

END OF PRACTICE:

Practice concludes at 5:30 pm (4:30 pm for ISB). Please ensure timely pick-up of your child.

SCHEDULE FOR MEET DAYS:

On meet dates, coaches will be with athletes from regular practice time through the end of the meet for parent pick-up, with supervision provided throughout. Buses should arrive at the meet venue between 4:40 pm - 5 pm. The meet schedule may vary based on bus arrivals.

5:10 pm: 6th, 7th, and 8th-grade girls, 3,000 meters

5:35 pm: 6th, 7th, and 8th-grade boys, 3,000 meters

TRANSPORTATION:

THPRD will provide one-way bus transportation from schools to meets, via Beaverton Transportation buses. Parents must arrange to pick up their child from the meet location by the posted event finish time. Maps of the race course, start and finish area, will be sent in an email the week of the meet. There is no transportation provided to the District meet.

(Please make sure your THPRD account has a current email address.)

VOLUNTEERING:

At practices: We appreciate volunteers, if you would like to help at your child's school we ask that you fill out a THPRD general volunteer application.

These can be found online here: <http://www.thprd.org/connect/volunteer>

At meets: We can use a limited number of volunteers out on the course at our meets at the HMT complex. Please contact Lori Jensen at ljensen@thprd.org if you are interested in helping out during any of those scheduled meets.

MEET INFO:

THPRD meets take place on Tuesdays and Thursdays at area high schools and at the HMT complex. Students meet with coaches after school, like a regular practice day for roll call and instructions. Bus transportation (one way) is provided to the meet location.

The season will consist of 3 regular season meets with other Beaverton schools, and a District meet. No qualification is needed for participation in the District meet, all team members participate.

AWARDS:

THPRD will provide 1st-5th place ribbons per grade for each event at our regular season meets.

RESULTS:

We do not use fully automatic timing. We use a hand timing system.

Results will be posted on www.athletic.net. Search 'middle school' and school or meet date. We do our best for accuracy. Expect occasional human error and/or equipment failure.

The finish judges stand outside the chute and on the finish line, and determine the order in which competitors enter the chute. Their decision is final and without appeal except for possible action taken by the program coordinator.

DISQUALIFICATIONS:

This is a recreational program, we take an educational approach to all aspects of the program, so we are not as stringent in rules as some other programs. It is an introduction to the sport and we treat it as such. However, in respect to all competitors and the sport, occasionally we will need to call a disqualification.

These are the guidelines:

A competitor who interferes with another competitor.

A competitor who is unsporting or uses unacceptable conduct.

A competitor receives any assistance from any other person.

A competitor who fails to complete the prescribed course.

Questions:

If there are any inquiries regarding the policies and expectations outlined in this document, please reach out to Cohner Davis via email at c.davis@thprd.org, email Lori Jensen at l.jensen@thprd.org, or call Cedar Hills Recreation Center at (503) 629-6340.