

## MGM Cross Country 2024

1. Dragonflymax.com – Everyone must complete a dragonfly online. All forms must be signed and dated. The 3 forms you will need to upload is Physical, Birth Certificate, and Sportsmanship. The backside of the physical is the only thing that has to be upload and signed with child name in the upper left-hand corner. The MGM students will use the Dragonfly Code: **T3FGKJ**. The Semmes Students will use the Dragonfly Code: **FVHHHT**. Sportsmanship is online at **NFHSlearn.com**. It is free. Once you complete it. Save the certificate and upload to dragonfly.
2. We will start Summer Running on Tuesday June 11 at 6 pm at Semmes Middle School. The running schedule for JUNE and July will tell you when we are meeting. We meet on Tuesday and Thursday of each week. We will put the schedule on our Facebook page and on MGM Cross country website. Summer running with team is not mandatory but encouraged. To be a great runner in the fall, you must run in the summer. Get a good pair of running shoes.
3. There is a \$75 fee for cross country. This will be paid at the beginning of the season in Aug. The fee's cover Meet fees and bus. Cross Country is all expense sport.
4. Please fill out the information sheet on each runner and return to Coach Spriggs
5. Run off campus form. For your child to run off campus on the sidewalk with the team the parents will fill-out an off-campus permission form. It will be on their dragonfly.
6. All Cross-Country Meets are ran on Thursday's, Friday's afterschool, and Saturday morning's. We will take the bus when it is needed. There is not a schedule yet, but we have one at the beginning of the season.
7. Cross Country running is an outdoor sport. We run in hot and cold weather. We run in the rain and mud. Cross Country starts Aug. 1 and ends the first week in Nov. It is very important for every runner to be hydrated. Every runner needs to drink 8 cups of water a day. Every runner needs to eat 3 meals a day.
8. We will have fundraising in the fall. We will require each runner to get two \$25 sponsors to go on back of our T-Shirts. We will do another fundraiser through the season.
9. Please follow us on our Facebook page at MGM Cross Country. There will be updates every week about practice and meets. You can also contact me [mspriggs@mcps.com](mailto:mspriggs@mcps.com)
10. Social media - There should never be anything negative said about the team or the runner's on social media. If there is a problem, please contact Coach Spriggs. The students should not express there feeling about another runner or team on social media. If this occurs, they could be let go from the team. We want a positive running atmosphere for the runners and team.
11. Every Student must pass 4 core classes and 2 electives and have an overall 70 average to run.
12. Discipline - Every runner should uphold the by-laws of the school. Any student having discipline problems will be dealt with at practice by running extra or suspension of a meet or being let go.
13. Practice is not an option once school starts all runners will be required to be at practice every day on the MGM track at 3 pm. If you are going to be a runner, you must run every day to be good.
14. Official Practice starts Monday Aug. 5 at 6 pm on the MGM Track.

