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Highlander Way

CROSS COUNTRY INFORMATION:

6th, 7th, and 8th graders may run

Contact me with any questions, or to let me know you will be running in the fall @ loundsj@howellschools.com

HWMS Cross Country -Official Team Practice

If you plan on running with the HWMS Team in Fall of 2021 please go to the following link and register for the 2022 season by filling out the [Highlander Way Info 2022 Google Form](#).

[Download and sign up on the HWMS TeamApp](#) - This will be our main way of communicating

Practice - **Once school begins** we will practice **Monday – Thursday from 2:45 to 4:30**.

First Practice – Tuesday, August 23 - 2022

We will meet at the big tree near the tennis courts for practice. Students are expected to change before practice start time and be school appropriate while waiting/eat snacks (make sure to clean up). The principal requests that we have parent volunteers to wait with the runners before I arrive(2:45) – if you could do this please let me know.

Who can participate: **6th, 7th, and 8th grade students** will compete in all of our meets for points – each race is 2 miles.

Equipment – [physical dated after April 15](#),

Required Equipment: Running shoes, [Team Jersey](#), Shorts, Shirt (suggest a nylon wicking fabric), Water bottle, and some cooler weather gear as well. PLEASE EQUIP YOUR RUNNER WITH A [QUALITY PAIR OF SHOES](#) AND A

[DIGITAL WATCH](#) WITH A [TIMER/STOPWATCH](#) FUNCTION. ([GPS is great, but not necessary](#))

Team shirt & Spirit Wear– his can be ordered online through [Spirit of Livingston](#)

Optional – [Cross country spike shoes](#), Spirit wear (we will be able to order this through Spirit of Livingston – most likely online

What to expect????: We practice Monday through Thursday for 1.75 hours.
2:45-4:30pm.

Do I need experience?: NO. You just need to have a strong work ethic and a willingness to push yourself.....it also helps if you are willing to have some fun!

Can I participate in other sports?: Yes, but you have to determine what you are capable of doing. If you can attend meets and most practices you can be a great part of the team.

What are the meets like?: They are separated by gender. 6th, 7th, and 8th graders run together. You get to run on a variety of surfaces (usually grass, but sometimes mud, crushed rock, etc). Dual meets begin at 4pm and are over by 5:15pm. Invitationals are longer.

What is the most important piece of equipment?: Quality pair of running shoes, a digital watch with stopwatch function, a water bottle, AND a non cotton t-shirt too.

Should I run in the summer? It would be a great idea to build some base of fitness [by running](#), biking, and/or swimming in the summer. We host a SUMMER RUN CLUB. Cost will be \$35-40. T-shirt included. Register by visiting the athletic department web page: [Howell Sports Summer Camps](#) (pg 9 in the catalog). After registering and PAYING complete summer run club registration by filling the google form out from pg 9 : Summer Run Club DATES – July 19 – July 21 and July 26-28

[Optional, but suggested summer running schedule](#)

Is practice mandatory?: Yes! It is important for your safety and for the strength of the team that you practice with the team. First practice date for 2022 will be Tuesday, August 23 @ 2:45pm

