

# Cross Country – Runner/Parent Meeting

kams.egusd.net



## **1. Welcome, Introductions, and Contacts**

- a. Coach - Traci Seto – [tseto@egusd.net](mailto:tseto@egusd.net)
- b. Asst Coaches - Leann Castle, Kai Seto, Matt Seto, Noah Seto
- c. Athletic Director – Traci Seto
- d. Principal – Chris Rauschenfels [crausche@egusd.net](mailto:crausche@egusd.net)
- e. Contacting Coaches:
  - Encourage student-athletes to speak to coaches about concerns, questions, etc. first.
  - When contacting coaches allow for a 24-hour cooling off period

## **2. Middle School Student-Athlete and Parent Handbook**

- a. For questions related to EGUSD Athletics, please reference <https://blogs.egusd.net/athletics/handbooks-2/>

## **3. Athletic Academic Eligibility**

- a. Requirements
  - 2.0 or higher GPA
- b. To Begin Season – Only Grades of Record
  - 7<sup>th</sup> Graders – all eligible
  - 8<sup>th</sup> Graders – prior year Quarter 4 Grades
- c. Continuing Eligibility Through Season – Progress Reports and Grades of Record
  - 7<sup>th</sup> and 8<sup>th</sup> Graders – Quarters 1 and 2 Progress Report AND Quarter 1 Report Card Grades
  - 2.0 or above:
    - if ineligible at progress report = may practice, but not compete until eligible
    - if ineligible at quarter grade = may not practice or compete

#### **4. Reasons for removal from Cross Country Team**

- a. Academic Ineligibility
- b. Practice/Meet Behavior
  - Student-Athletes are representatives not only of themselves and their families, but also representatives of KAMS and as such are held to the same standards of behavior at practices and meets, as they are during school hours
- c. Missing practice/meets and/or tardiness to practice/meets (without speaking to the coaches)
- d. Being picked up late from practices/meets

#### **5. Single Uniform Replacement = \$75**

- a. Uniforms are checked out to student-athletes and are on loan through the season.
- b. If any part of the uniform is lost, damaged, or otherwise not returned, a fine will be assessed in the amount of \$75.
  - Students with fines will be placed on the no activities list and will not be able to check out another uniform until the first has been returned or paid for.

#### **6. Transportation**

- a. Transportation to and from meets is the responsibility of the parent/guardian.

#### **7. Team and Individual Photos**

- a. TBD

#### **8. Fundraisers**

- a. TBD

#### **9. Spirit Wear**

- a. TBD

#### **10. Practice**

- a. Monday-Thursday 7:00-8:15 AM (Room MC-10)
- b. No practice on school holidays.

## 11. Meet Info

**What to bring:** uniform, running shoes, sweats or warm clothing, water, snack, \$\$ (optional for food/shirt)

**When to arrive:** we typically arrive 1-1.5 hours early to walk/jog the course, get our racing bibs, stretch, etc.

**Stay:** to cheer on your team mates then run cooldown after all finish

**Meet Attendance:** I will register all members of our team. It is expected that you will attend the meets. We need you for scoring! If you cannot attend, please notify coach at practice

## 12. Rules of the Road

- Use crossing lights and crosswalks to cross streets
- wait to cross with teammates
- obey traffic laws
- make eye contact with driver when crossing streets

## 13. Health

- Homework – stretch at home regularly
- Injuries – check with a coach. If persistent, see doctor  
RICE – Rest Ice Compress Elevate
- Eat Healthy and eat light right before practice/competition
- Hydrate – Fill water bottles throughout the day

## 14. How to Help/Volunteer

- Otter Pop or other snack donations for practices
- Bring after meet Snacks/Drinks for team
- Other fundraisers

## **2025 KAMS Cross Country Calendar**

Date	Event	Location	Race Distance	Arrival Time	Start Time
Saturday 8/23	Pleasant Grove Eagle Run	Pleasant Grove High School	1 mile	7:15AM	8:00AM (Girls) 8:15AM (Boys)
Saturday 8/31	Lagoon Valley Classic	Lagoon Valley Park - Vacaville	1.5 miles	6:45AM	8:00AM (Boys) 8:00AM (Girls)
Wednesday 9/10	Jaguar Jubilee	Elk Grove Park	1.5 miles	3:00PM (early release?) (NO AM Practice)	4:20PM (7 Girls) 4:40PM (7 Boys) 5:00PM (8 Girls) 5:20PM (8 Boys)
Saturday 9/20	Rebel XC Challenge	Ancil Hoffman Park	6K	8:00AM (girls) 9:00AM (boys)	9:00AM (Girls) 10:30AM (Boys)
Thursday 9/25	Sophomore Delight	Elk Grove Park	3k	3:45PM (NO AM Practice)	
Wednesday 10/15	8th Annual EGUSD District Meet	Elk Grove Park	1.5 miles	3:00PM (Min Day) (NO AM Practice)	4:20PM (7 Girls) 4:40PM (7 Boys) 5:00PM (8 Girls) 5:20PM (8 Boys)
Wednesday 10/15	Celebration	Elk Grove Park		After Awards	
TBD	Jamba Run**	Jamba Juice on Waterman		3:20PM (NO AM practice)	Picked up @Jamba 4:45pm
Saturday 10/25	Flat Sac	Gibson Ranch	1.5 miles	7:45AM	9:00AM (Girls) 9:15AM (Boys)
Monday 10/27	Uniform collection	MC10		LUNCH	

Please note: Some courses are paid parking

\*\*Need volunteers to drive backpacks to Jamba