

Hartland Ore Creek Cross Country

2026 SCHEDULE	WEEKLY UPDATES	REMIND SIGN UP	2026 RESULTS HMS RESULTS HISTORY
NO NUT SNACK LIST	MEET SNACK SIGN UP	MEET VOLUNTEER SIGN UP	ORE CREEK XC TOP 10
SPIRIT OF LIVINGSTON (Spirit wear ONLY)	ORE CREEK XC	FARMS XC	HARTLAND HIGH SCHOOL XC

Welcome to the Ore Creek XC team! We are excited to have you join the Hartland Cross Country Family. In this letter, we hope you find all the answers you may have about Ore Creek Cross Country. If not, please do not hesitate to contact us!

Coaches:

- Danielle Majors (517) 518-0518 orecreekxc@gmail.com
- Meg Bloss (513) 600-6846 megbloss@gmail.com
- Jordan Desilets
- Ore Creek Middle School (810) 626-2500

1st practice: We will have our first practice on **Wednesday August 19, 2026** and practices will be held on Monday-Thursday. Practice will be held at Ore Creek Middle School from 2:45-4:15p.m. (tentative time). The first week practice will end closer to 4:30. Athletes can be picked up in front of Ore Creek

Parent Meeting will be **Monday August 24, 2026** at 4:45 pm in the Ore Creek Commons [AGENDA](#)

Requirements

1) **PHYSICAL** (after April 15) [Sports Physical Form](#) - Athletic physicals will be available for \$25 at Hartland High School
Tues Aug 4 5:00-7:00pm

2) **THREE ONLINE FORMS:** [Emergency Contact](#)
[Registration and Rules and Guidelines](#) (also includes uniform size survey)
[Transportation Waiver](#)

Once you fill out the 3 forms above you are “registered” for Cross Country :) You will then receive emails and future information from the coaches.

3) FEES (\$185-195 total)

- a) **\$100 participation fee** (checks made payable to Hartland Consolidated Schools or cash - please send into the main office) This is your “pay to play fee” - it covers the entire year of sports participation at Ore Creek.
- b) **\$50 TEAM FEE** (separate check payable to HCS, or cash) This fee is in lieu of the Cross Country Team doing any outside fundraising. The fee goes towards timer fees for home meets, invitational fees, equipment needs, end of season banquet, and compensating the many volunteer coaches.

- c) **\$35-\$45 UNIFORM COST - The Team jersey is REQUIRED.** We are ordering them from a separate vendor so you will need to make sure you have indicated size in the rules and guidelines google form. and can pay by check (payable to HCS may be combined with team fee) or cash [Uniform sizing guide](#) The uniform is yours to keep. We plan to use these for many years now, so once you buy it, you don't have to purchase it again unless your child outgrows it. **PLEASE ORDER BY JULY 25!!**

4) Join [REMIND](#) Text @orecreekxc to 81010 - a quick way for me to send out short messages (see more info below)

5) Sign up for [EVENTLINK](#) (when given the option, select Hartland HIGH School, then you will select Middle School Cross Country from there.

[CHECKLIST](#) - to see if you are missing any items!!

Preparing for the XC season

Cross Country runners are made in the summer! It is imperative that your athlete begin running during the summer. Here is a general workout plan they can follow: [summer workout program](#) (remember to get your physician's approval and ease into it/modify as needed if your child has never run before!

There will be optional summer practices on Mon/Wed 8-9:00 a.m at Epley Park (next to Village Elementary School) and Tues/Thurs 6-7 pm at Settler's Park - June 8-August 7. We plan to try to have a coach at every practice, but please make sure you are signed up for REMIND in case of any changes.

I would encourage all runners to check out the [Cromaine 5k Run Club](#) this summer! It's FREE and a perfect opportunity for kids to get together and run!! Mondays 6pm at Settler's Park. - TBD - their calendar has not been updated to include this as of 5/29/26

Below are some other programs for which your student can log miles and there are some pretty cool rewards!
[Hoka Summer Mileage Club](#) (Free)

Team Website

[Ore Creek Cross Country](#)

We are now integrated into the High School Website as well, just follow the [LINK](#)

Remind

We will be using Remind to send out important texts/emails during the season (i.e. inclement weather, practice changes, etc.)

Text @orecreekxc to 81010 or click for [email link](#)

Practices

Practices will be held Mondays-Thursdays 2:45-4:15. NO practice on FRIDAYS!! Students will be expected to run on their own this day. Student athletes should change in the gym locker rooms, put their backpacks in their lockers. and meet Coaches in the commons. **PLEASE** have your child wear weather appropriate clothing and bring a water bottle (they should fill this up before practice). Wicking/polyester shirts/shorts/pants and a **good pair of running socks and shoes** are the best options for practice. As the weather cools off, then layers are ideal for staying warm/cooling off as needed. The key is to find a RUNNING shoe, not a trainer or a tennis shoe :)

Dual sport/activity athletes may leave early as needed - please just let us know.

Spiritwear

Ore Creek Cross Country Store thru [Spirit of Livingston](#) . Shorts/pants should be dark blue or black. As the weather cools down, layers are appropriate (and need to be a solid color), but the team shirt needs to be on top and always tucked

into the shorts/pants. Please make sure your child has a sweatshirt/pants to warm up in before meets, or practices as needed. Easier to take off layers than to try to warm up (besides, you waste energy that is needed to run if you are trying to keep warm !!) Rain/wind gear, hats/headbands and gloves are often seen during warm ups too!)

Snacks/Volunteers

There are links on for [meet snacks/drinks sign up](#) as well as [home meet volunteer sign up](#) .

We need help with monitoring the course, and timing at the end. We appreciate any help!!

We would love it if you are able to take pictures we can share with everyone. We like to make a slideshow for the end of the year celebration.

Cross Country Meets

1)Meets generally take place on Wednesdays. Home meets are held at the high school/middle school course which begins by the HS baseball fields (far east end of the HS athletic complex) ***Please note that times/dates may change and that I will update you weekly!!***

[Tentative Schedule](#)

2) Generally we would like athletes to be present about 1 hour before they run to warm up, stretch, and prepare for the race. For away meets buses will be provided as able. Please let me know if your child will NOT be riding the bus to a meet. For home meets, athletes will change at school and meet a coach in the commons by 2:45 so they can walk to the course together.

3)Please have your child stay after their race as we will do a cool down and stretch, and a recap of the event. Results will be sent out later that night (as long as my computer is nice to me ;) or on [Athletic.net](#) *Please have your athlete look at their times - it helps them make goals for the season.*

4)The order of runners at home meets is as follows: (girls run first in odd years, boys run first in even years)

4:00 Boys Ore Creek XC

4:30 (or when boys are done) Girls Ore Creek XC

5:00 (or after the Ore Creek girls) ALL FARMS kids run together (5th/6th and BOYS/GIRLS).

5) All athletes run the standard 2 mile (or 3200m) course set for middle school.

6)Scoring a meet = The lowest score wins a cross country meet. Each runner's place are the points he or she receives for the team and the goal is to have the lowest score. Each team scores their *top 5 runners*. The best score is 15 points. $1+2+3+4+5=15$ (i.e. Hartland finishes in places 1, 3, 5, 6 and 9 - our score would be 24. Howell finishes 2,4,7,8,10= 31 Hartland would win 24-31)

Nutrition

Student Athletes should have a balanced diet of carbs, protein and fats. They should avoid pop/soda and other sugary drinks. WATER is the best thing for them!! On days of meets, they should bring a light snack for after school (granola bar, trail mix, etc.) They **SHOULD NOT** be eating all those wonderful snacks parents bring to meets/invitationals until **AFTER** their race!! Staying hydrated is **extremely** important - they should be drinking water throughout the day, not all at once before practice - that is why they often get stomach cramps!!

K-4 Runners: We have the opportunity for any of the younger siblings of Farms and Ore Creek XC to run at several of our invitationals every year. The distance varies from 1.25-2 miles, and all these details are located on the schedule, or we will send out emails throughout the season. We will also potentially be able to have the kids run at our home meets as well. IF you have a K-4 runner, please sign up [HERE](#). Please also fill out the [Emergency Contact](#) and [Registration and Rules and Guidelines](#) and send me a copy of a recent health appraisal. They don't have to run at all of the meets, but if I have them on our roster then they will have a bib at the ones they do compete in :)

We hope this answers the majority of questions you might have! We are looking forward to a great year with your student athlete and the Hartland Middle School at Ore Creek Cross Country Team. **Go Eagles - it's TIME TO RUN!!**

Coach Majors (Danielle) 517-518-0518 orecreekxc@gmail.com

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