



## Perry Hall High School Cross Country Team



### Requirements/Forms:

1. The first practice is Wednesday, August 10<sup>th</sup>, 2022 from 7:00 AM to 8:30 AM at the tennis courts.
  - a. In order to get out of the heat of the day and allow those with summer jobs to continue working, practice times are Monday through Friday from 7:00 AM to 8:30 AM until school begins for teachers. Practices will start at the tennis courts.
  - b. Once school begins for teachers, on August 22<sup>nd</sup>, 2022, practice will be from 2:55 PM to 4:40 PM Monday through Friday. Practices will start at the track.
  - c. Review the schedule carefully when it comes out; some meets will be on Saturdays, including invitationals, county championships, and state championships.
  
2. In order to join the team, **the athlete must complete all registration procedures.**
  - a. All athletes must have a minimum of a 2.0 GPA with no more than one E based on the fourth quarter report card from the 2021-2022 school year. The only exception is incoming ninth graders; there is no GPA requirement for their first fall season.
  - b. A completed physical signed by a doctor must be completed within last calendar year (preferably in June or after) and submitted to our athletic director, Coach Hruz, by e-mailing him the physical form at [rhruz@bcps.org](mailto:rhruz@bcps.org) before attending any practices.
  - c. All registration must be completed on FormReLeaf: <https://formreleaf.com/organizations/perry-hall-high-school>
  - d. The following forms must be signed and turned in to Coach Adelman to participate on the team (these forms will be provided during the first week of practice):
    - i. Team expectations
    - ii. Off-campus training form
  
3. What should I bring to practice?
  - a. A water bottle (preferably a large one with enough water to get through practice)
  - b. Be dressed to run. Depending on weather, bring rain gear. As the weather gets cooler in the fall, be prepared to have layers (T-shirt and shorts, sweatpants and sweatshirt, jacket, gloves and hat).
  - c. Sunscreen is recommended, as all of the areas we run in are open to sunlight.
  
4. There are few cuts in cross country, but athletes will be removed from the team if they violate team rules or expectations. Athletes are expected to complete the full workout at practice every day.
  
5. **Three-mile rule:** Athletes will not compete in a meet until they can meet the minimum requirement: team members must be able to run three miles without stopping. **Athletes do not have to be able to run three miles prior to the first practice.**
  
6. Athletes need to start running before team practices begin. Summer training schedule options are posted in the Schoology Group: PHHS Cross Country; Access Code: VZ6QF-WZST2.
  
7. Coach Information:
  - a. Coaches:
    - i. Clark M. Adelman
      1. E-mail: [cadelman@bcps.org](mailto:cadelman@bcps.org)
    - ii. Nicole Adelman
      1. E-mail: [nadelman@bcps.org](mailto:nadelman@bcps.org)