Niskayuna Modified Cross Country
Information & Expectations

CONTACT INFORMATION
Coach Elizabeth Moran  emoran@niskyschools.org

YOU ARE A STUDENT-ATHLETE.
Student first, athlete second. If you need to stay after school to meet with a teacher, please just let Coach Moran know - academics are the priority. It is your responsibility to speak with your teachers in advance when dismissed early for meets. Please be responsible and get missed work taken care of in advance. All athletes must follow the guidelines set forth in the Niskayuna High School Athletic Code of Conduct.

PRACTICE
Practice begins on **Monday, August 26th** at 9am and Niskayuna High school. Once school begins on **Wednesday, September 4th**, daily practice will be held at Iroquois Middle School at 3:45 pm. Practice will typically conclude between 4:45 and 5 pm. VA students will be bused from VA to Iroquois. You are responsible for your own transportation home. Athletes are expected to attend every practice. If you are going to miss practice for any reason, please inform Coach Moran by email.

MEETS
Please review the attached meet schedule and inform Coach Moran ASAP of any conflicts. All athletes are expected to take the bus to all meets. In special circumstances athletes may get rides from parents, but this needs to be arranged in advance. Simply missing the bus makes you ineligible to compete in that day's race. Athletes may ride home from meets with their own parent, provided Coach Moran has received an Alternate Transportation form before the start of the meet.

EQUIPMENT
You are required to have only two very important things - a watch, and a good pair of sneakers. Basketball sneakers, flat sneakers (like Converse, for example), etc. will only hurt you. Cross Country races, and practice, are primarily run on grass and trails. Supportive sneakers are necessary to keeping you healthy. You do not need a fancy watch. As long as it has a stopwatch feature it is good. Additionally, be prepared for any weather at any time. We practice and race in the rain, wind, snow - pretty much anything but thunder and lightning. Rain jackets, pants, extra socks, long sleeve shirts, and your uniform should always be in your meet bag.

UNIFORMS
Uniforms will be provided by the school and must be returned at the end of the season. Girls may opt to wear black spandex shorts instead of the school issued shorts. The only time you should be seen in only your uniform is during your race. Always arrive to the bus with a minimum of shorts and a t-shirt over your uniform. T-shirts should be put back on after your race and before your cool down.
HYDRATION
Drink water all day! Not just before practice, not just when you’re hot, not just when you’re thirsty. Staying hydrated is critical to your ability to perform at your best. Try to carry a water bottle with you at school and drink throughout the day, including after practice/meets.

APPAREL
The high school order form will be posted on the website when it becomes available. Feel free to order as you wish. Additionally, I’d like to order t-shirts for the modified team to wear to meets. It is always nice to arrive at meets looking like a team. Purchase of these t-shirts is optional. The cost of the t-shirts is $15. Cash or checks made out to Elizabeth Moran can be delivered during practice by Friday, September 6th.

MOVING UP
Athletes are eligible to move up to the freshman team after the 4th meet (9/21/19) at the recommendation of Coach Moran, Coach DeRocco, and Coach Skufca.

SCHEDULE:

NISKAYUNA BOYS and GIRLS MODIFIED CROSS COUNTRY
FALL 2019 - Coach Moran (emoran@niskyschools.org)

<table>
<thead>
<tr>
<th>DATE</th>
<th>MEET</th>
<th>MEET TIME</th>
<th>BUS TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed. 9/11/19</td>
<td>Dual at Guilderland Tawasentha Park</td>
<td>4:15 PM</td>
<td>3:00 PM</td>
</tr>
<tr>
<td>Sat. 9/14/19</td>
<td>Queensbury Invitational Queensbury High School</td>
<td>9:00 AM</td>
<td>6:45 AM @ HS</td>
</tr>
<tr>
<td>Wed. 9/18/19</td>
<td>Dual at Saratoga Saratoga State Park</td>
<td>4:15 PM</td>
<td>2:45 PM</td>
</tr>
<tr>
<td>Sat. 9/21/19</td>
<td>South Glens Falls Invitational Moreau Recreational Park</td>
<td>9:00 AM</td>
<td>7:00 AM @ HS</td>
</tr>
<tr>
<td>Wed. 9/25/19</td>
<td>Dual at Home Iroquois Middle School</td>
<td>4:15 PM</td>
<td>NO BUS</td>
</tr>
<tr>
<td>Thurs. 10/3/19</td>
<td>Dual at Bethlehem Elm Ave Park</td>
<td>4:15 PM</td>
<td>2:45 PM</td>
</tr>
<tr>
<td>Wed. 10/16/19</td>
<td>Dual at Home Iroquois Middle School</td>
<td>4:15 PM</td>
<td>NO BUS</td>
</tr>
<tr>
<td>Sat. 10/26/19</td>
<td>Suburbans at Saratoga Saratoga State Park</td>
<td>TBD</td>
<td>TBD</td>
</tr>
</tbody>
</table>

Please check the web site at www.niskytrack.org for bus times and early dismissals
Please complete and return this page to Coach Moran by Friday, September 6th, 2019.

I, ______________________, have read the 2019 Modified Cross Country information and expectations form.

I understand that being a student-athlete is a big responsibility. I will be held to high standards and will follow the rules laid out in the Niskayuna Athletic Code of Conduct.

I understand that I am part of a TEAM. I will respect my coaches and my teammates. I will give my best effort every day.

I know that I can approach Coach Moran with any questions, comments, or concerns in person or by email. I will keep Coach Moran informed about any conflicts or absences.

I will do my best to make 2018 the most fun and successful Modified XC season yet!

Athlete Signature: ____________________________________________________________

Parent Signature: ____________________________________________________________

Athlete email: ______________________________________________________________

Parent email: ______________________________________________________________

YES, I am interested in purchasing a Niskayuna XC t-shirt.

<table>
<thead>
<tr>
<th>Size</th>
<th>Quantity</th>
<th>Cost ($15/shirt)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

[Image of Niskayuna XC t-shirt]