



# Irons' Cross Country

Coach Suzi Sorbo: [ssorbo@conroeisd.net](mailto:ssorbo@conroeisd.net)

Coach Michael Scurto: [mscurto@conroeisd.net](mailto:mscurto@conroeisd.net)

# What do I need to do to participate?

A physical MUST be uploaded and on file BEFORE an athlete can participate (even practices).

You also need to fill out the Acknowledgement Form located on the Cross Country Website.

They will need to be completed by August 26<sup>th</sup>.

# Spirit Fee

There is a Spirit Fee of \$50 which includes a t-shirt (not the one on slide 10), a yard sign, and a car decal.

The Spirit Fee can be paid through this link:

<http://irons-hawks-booster-club.square.site/>

# Important Information

How do I make the team?

Show up – Mandatory

(Exceptions: Band/Tutorials)

Be on time!

Have good grades (UIL)/attitude

(Dismissal from team subject to grades/behavior)

Work hard and do your best!

You can only get better!

## Important Information Continued

Boys and girls, 7<sup>th</sup> & 8<sup>th</sup> grade practice at the same time

Drop off at FRONT of school down by gyms

Practice is from 7:15 – 8:15 (be early to put items in locker/band hall)

Practices are mandatory; absences could result in loss of participating in meets!

Practices held rain/shine

**THERE ARE NO FRIDAY PRACTICES!**

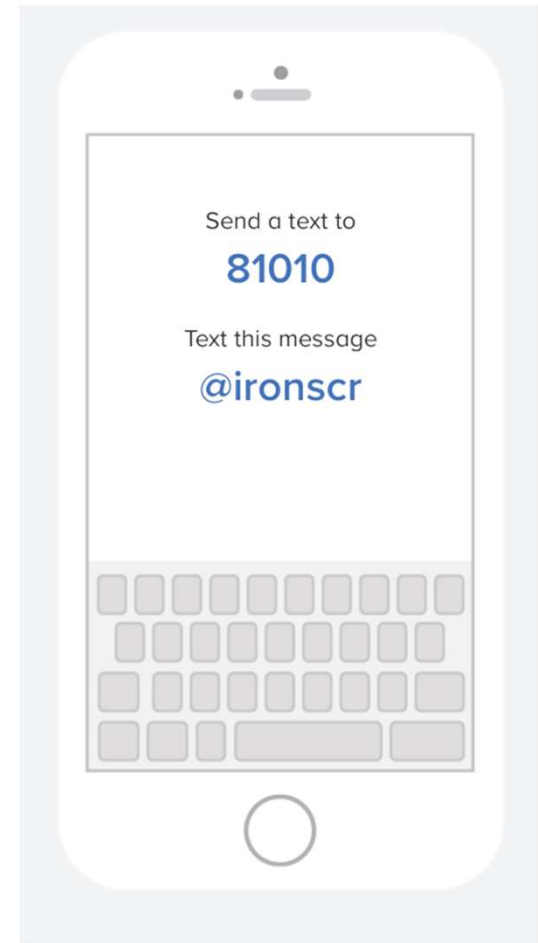
However, the expectation is that you get a run in over the weekend!

# Early Bus Information

- Buses will begin running on Sept. 8<sup>th</sup>
- Oak Ridge Elementary (Back Entrance) Bus # 4019 @ 6:30 AM
- Kaufman Elementary (Back Entrance) Bus # 4033, #4016 @ 6:25 AM

## REMINDE 101

Parents and athletes, please make sure to join our Remind to get up to date information sent to your phone.



## Email/Room Numbers

[ssorbo@conroeisd.net](mailto:ssorbo@conroeisd.net)  
[mscurto@conroeisd.net](mailto:mscurto@conroeisd.net)

936-709-8500 (Front office)

Coach Sorbo: Room #107

Coach Scurto: Room # 130



# Meet Day

ALL students who are attending the meet that week will ride the bus to the meet.

**NO bus for Oak Ridge Invitational (9/8)**

We encourage parents to come to meets to cheer on our athletes!

**We encourage athletes to ride home with parents!**

Parents **MUST** sign their athlete out with a Coach; failure to do so will result in loss of meet participation.

**\*\*This year UIL has limited how many athletes each team can take to meets. We are only allowed to take five runners per division (five 7<sup>th</sup> grade girls, five 7<sup>th</sup> grade boys, etc.). That means runners will have to compete for a spot for each meet. Runners will be notified by the end of practice on Thursday if they will be going to the meet that week.**

## MEALS



Optional meal purchase: WhichWich

Here is a link to the online order form:

<https://tjschier.wufoo.com/forms/irons-ms-cross-country-ww-meal-form/>.

Coaches will not collect money.

If your athlete is not going to a meet, they will pick up their food between 6<sup>th</sup> and 7<sup>th</sup> period in Athletic Hall

If you do not purchase meals, please make sure your athlete has snacks/water.

\*\*We are set to order 5 weeks of meals, because we are on a waiting list for a meet on Oct. 9<sup>th</sup>.

If we don't get into that meet, athletes will be allowed to pick up their meal and return to class.

# 2020 Cross Country T-Shirts OPTIONAL

North Houston Athletic

Ordering CLOSES on September 4, 2020

<https://nhathletics.com/ironscrosscountry/>



# Picture Day

**Date: October 5<sup>th</sup> during practice**

Inter-State Studio- Online ordering available.

Mandatory Pictures, but you do not have to purchase

**Come to practice IN YOUR UNIFORM**

(we will change after pictures and then practice)

# Uniforms

Uniforms will be distributed on Wednesday, September 9<sup>th</sup> to athletes running in the Friday, September 11<sup>th</sup> meet.

Shorts, shirt, athletic bag. (Spandex for boys)

**\*\*YOU ARE RESPONSIBLE FOR YOUR ITEMS!\*\***

If you choose to use a bag, make a tag for your bag!

**\*\*DO NOT WASH IN HOT WATER!\*\***

# 2020 Cross Country Schedule

DATE	MEET	LOCATION	TIME-Tentative
Friday, September 11th	Hartwell Brown Invitational	Stockton JHS	4:30 PM
<b>Friday, September 18th</b>	<b>So far we do not have a meet for this week. This may change.</b>		
Friday, September 25th	Oak Ridge Invitational	Oak Ridge HS	5:00
Friday, October 2nd	McCullough	McCullough JHS	4:15
<b>Friday, Oct. 9<sup>th</sup></b>	<b>We are currently on a waiting list for a meet this week. I will keep you updated.</b>		
Friday, October 16th	District Meet	Caney Creek HS	4:00 PM

# 2020 IRONS CROSS COUNTRY TEAM CO-CAPTAINS

Harris Ledbetter  
Minnie Radice-Beedle

**Congratulations!**

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