

Rupert A. Nock Middle School

Cross Country Program 2014 Information

This fall, the R.A.N. Middle School will be running our THIRTEENTH season of the Interscholastic Girls and Boys Cross Country Program. Students learn the basics of running cross country and compete with students from nearby schools.

Program Details:

This year, our program will begin with practice on **MONDAY, SEPTEMBER, 8th** and will continue through the end of October. The program is open to students in 6th, 7th and 8th grades. Practices are held from **2:30-3:30, on Mondays, Tuesdays, and Thursdays**. Practice workouts typically require students to run between 2-3 miles.

Our season includes 4-5 meets starting in late September and continuing through the month of October. We will attend at least one away meet and the annual Cape Ann Invitational Meet at Gloucester on Wednesday October 29th. For both home and away meets competition will typically begin at 3:30 and end around 4:30p.m. Spectators are welcome at both home and away meets.

PRACTICE & COST

The first three practices will be held at FULLER FIELD TRACK. (Sept 8, 9, & 11th)

Beginning September 15th practices will be held at Maudslay State Park. A full schedule will be distributed to students on Monday, September 8th. The schedule will also be posted on the Nock Middle School's website.

The fees per student will be \$100 for this season. The cost of the program includes bus transportation to and from our away meets and a tee shirt.

TO RESERVE A SPOT ON THE TEAM:

Provide copy of physical from your child's doctor. Physicals are good for 13 months and once a physical expires the student's family must provide a copy of a new physical exam (doctor's notes are not allowed).

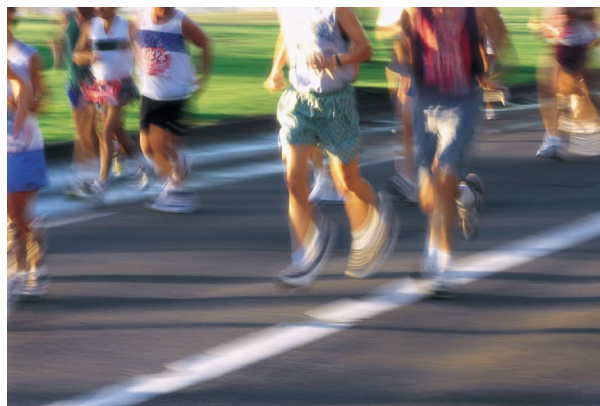
Students may not participate if they have not had a physical examination within the past 13 months.

PLEASE COMPLETE AND RETURN THE ATTACHED REGISTRATION FORM TO THE MIDDLE SCHOOL'S MAIN OFFICE ON OR BEFORE MONDAY, SEPTEMBER 8th. Make checks payable to **the R.A.N. MIDDLE SCHOOL.**

Any questions about the program should be directed to Steph Suprin via coachstephxc@gmail.com or Jennifer Groskin via email jgroskin@newburyport.k12.ma.us

R.A.N. Interscholastic Cross Country Program

FALL 2014



The R.A.N. Interscholastic Cross Country Program is designed for boys and girls in grades 6, 7, 8 who are interested in cross country running. The team practices on Mondays, Tuesdays, and Thursdays at Maudslay State Park after school from 2:30-3:30 starting Monday, September 8th and finishing at the end of October. The team normally competes in at least four meets against area middle schools, including the annual Cape Ann Invitational meet in Gloucester. Bus transportation will be provided for all away contests. Uniforms will be provided for each participant.

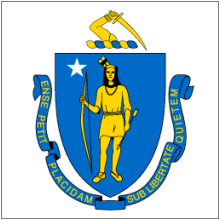
COST

The cost for each participant is **\$100**, which covers the cost for the coach, buses, officials, uniforms, and equipment.

How to register

- Make check for **\$100 out to RAN Middle School**
- **Complete the Parental Consent Form**
- Provide copy of physical from your **child's doctor. Physicals are good for 13 months and once a physical expires the student's family must provide a copy of a new physical exam (doctor's notes are not allowed).**
- Complete the state-required **Pre-Participation Head Injury Form**
- ***Attach the check and physical exam to the Parental Consent Form and return to the RAN Main Office.***

Any questions can be directed to Newburyport Athletic Director BOB CLARKE or Coach Steph Suprin, coachstephxc@gmail.com, or Coach Jen Groskin by e-mail at bclarke@newburyport.k12.ma.us or jgroskin@newburyport.k12.ma.us.



ATTACH CHECK AND PHYSICAL EXAM TO THIS FORM.

The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
250 Washington Street, Boston, MA 02108-4619

Pre-Participation Head
Injury/Concussion Reporting Form
For Extracurricular Activities

This form should be completed by the student's parent(s) or legal guardian(s). It must be submitted to the Athletic Director, or official designated by the school, prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Student's Name	Sex	Date of Birth	Grade
School	Sport		
Home Address	Telephone		

Has student ever experienced a traumatic head injury (a blow to the head)? Yes _____ No _____

If yes, when? Dates (month/year): _____

Has student ever received medical attention for a head injury? Yes _____ No _____

If yes, when? Dates (month/year): _____

If yes, please describe the circumstances (use back of this paper if necessary):

Was student diagnosed with a concussion? Yes _____ No _____

If yes, when? Dates (month/year): _____

Duration of Symptoms (such as headache, difficulty concentrating, fatigue) for most recent concussion: _____

STATE LAW REGARDING SPORTS-RELATED HEAD INJURY & CONCUSSIONS

The Commonwealth of Massachusetts Executive Office of Health and Human Services now require that all schools subject to the Massachusetts Interscholastic Athletic Associations (MIAA) rules adhere to the following law. Student-athletes and their parents, coaches, athletic directors, school nurses, and physicians must learn about the consequences of head injuries and concussions through training programs and written materials. The law requires that athletes and their parents inform their coaches about prior head injuries at the beginning of the season. If a student athlete becomes unconscious during a game or practice, the law now mandates taking the student out of play or practice, and requires written certification from a licensed medical professional for "return to play."

Parents and students who plan to participate in any athletic program at Newburyport High School must also take a free on-line course. Two free on-line courses are available and contain all the information required by the law. The first one is available through the National Federation of High School Coaches. You will need to click the "order here" button and complete a brief information form to register. At the end of the course, you will receive a completion receipt. The entire course, including registration, can be completed in less than 30 minutes.

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

The second on-line course is available through the Centers for Disease Control and Prevention at:

www.cdc.gov/Concussion

Please sign below that you have read the above and completed one of the courses listed and have provided accurate information regarding the Pre-Participation Head Injury Form. This is required in order to participate on any athletic team at Newburyport High School.

Parent/Guardian Signature

Date

Student Signature

Date