



High School Cross Country Information

Welcome to the 2025 High School Cross Country season! We are excited for another season of fun, growth and competition. Below you can find key information about the upcoming season. **First practice is 8/26 from 3:30-5:00pm at Willows Prep.**

Preseason requirements

- Must have a physical within the last two years of the end of the season to be able to participate. All documents are found [here](#) under the health and wellness tab.
 - Medical History Form (stays with doctor)
 - Physical Examination Form (stays with doctor)
 - Medical Eligibility Form (Sent to mowen@willowsprep.com)
- Must have 7 practices before competition
- Must be enrolled and eligible before September 29th
- For all other eligibility rules please review the WIAA Handbook

Practice schedule

- Middle School Practices will be on Tuesday, Thursday, and Fridays from 3:30-5:00. Though the coaches will always try to end practice at 5:00 with running off campus and longer distances, your athlete may be a few minutes early or late depending on the time, thank you for your understanding.

High School Athletics Philosophy and Attendance

- Our number one goal as a program is for athletes to have fun, learn how to play a sport and develop the basic skills of the sport.



- Our committed coaches are ready to set a standard of hard work to create a positive environment for athletes' growth on and off of the court.
- All athletes should make every effort to attend all practices and games; they are not viewed as optional. While there can be occasional conflicts, we ask that this team is a priority. If there is a conflict, we ask that you please notify the coach as soon as possible to help plan for games and practices.

Fall Sports Parent Meeting

- We will be having a virtual meeting on August 18th at 7pm. At this meeting families will receive general information about the season and have the opportunity to ask questions. For any High School athletes please stay after the meeting for a few notes on WIAA regulations.

Lettering Requirements

- As Cross Country will be a varsity sports athletes will have the opportunity to letter. The requirements for this year will be sent out by the head coach before the first practices of the season. Factors such as attendance, performance, and personal improvement over the season are the largest factors in this decision.

Coach Communication Expectations

- Coaches will communicate every Monday on any updates to the schedule and updates on the team performance and growth.
- The schedule is still being created but will be completed before the first practice. It is likely that we will have meets on Wednesdays and Saturdays.

Transportation Logistics



- Practices will take place around the Willows Prep Campus. When dismissed from class, athletes should put their bags in their lockers, get changed and head to the turf patch in between the East and West building to meet and warm up.
- For all meets athletes are expected to change at Willows Prep then head to the front office to wait for the coach to get the bus ready. Once the coach is ready athletes will join their team as they travel on the bus to their game.
 - **Post-Meet Pick up** will happen 10 minutes after the end of a game where the meet takes place. After 10 minutes, the coach will take the remaining athletes back to Willows Prep to get picked up there. To pick up someone at the meet please check in with the coach so they know the athlete has been picked and if possible, let the coach know ahead of time via email.

Uniforms and Gear

- All athletes will be provided with a game jersey uniform top and bottom. Athletes **must** also have tennis shoes, or any shoes appropriate for running. It is optional to buy cross country spikes for races but not required.
- Any uniforms not returned at the end of the season will be charged to the family account as a replacement fee.
- Be sure to have running clothes for practice as well. The team will run each day rain or shine so be ready.
- Optional team gear will be available for an extra cost the first week of the season. Late orders cannot be placed so be sure to get the orders in before September 5th.

Inclement Weather and Forms

- For middle school athletics we do not have any required forms, however, we do recommend that each athlete has a bi-annual yearly physical examination. This will allow coaches and athletes to be best informed on how to keep each athlete safe.



**Willows
Preparatory
School**

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- Though Cross Country usually will not have inclement weather, you will get an email from the athletics department or your athletes coach when it has been decided that a practice or a game has been canceled. We try to do it as early as possible to give as much notice as possible.