

Brown Cross-Country - 6th Grade Enrichment Program Fall 2019

Requirements: Registration must be completed by September 18th on FamilyID.

<https://www.familyid.com/organizations/brown-middle-school-athletics>

*Registration opens on July 1, 2019 @ 7:00am

*Registration closes on September 18, 2019 @ 7:00pm

* An up-to-date physical must be on file with the nurse also by Wednesday, September 18.

Fee: The user fee is the \$60 enrichment fee. The user fee is usually paid online (go to Newton Public Schools Website, click UniPay. If paying by check, make out to Newton Public Schools and give to Katrina Antonellis (Athletic Director). Refer to website for financial assistance/ waiver.

Schedule: 6th graders will start on Friday, September 20th, 2019.

Except for when there is a holiday or inclement weather, sixth graders can attend on Wednesdays and Fridays from 3:05 - 4:05. (There is a 4:15 bus.) There will be some additional days added and posted- for home meets, for example.

Participation expectations: You may come to all sessions or just the ones that fit your schedule, since it is being run as an enrichment program. Success (meaning improvement and fun) is more likely to occur if you come often.

Behavior expectations: Be on time and prepared for practices and home meets. Being prepared means having athletic clothing to change into after school, lightweight running sneakers that fit well, a water bottle, and anything else you might need individually. Be good, positive, and encouraging to all teammates and stay where you are directed. Lastly, when we run on road routes, respect others' property.

Making the team/Success: A beauty of this sport is the entire range of experiences and desires can be genuinely successful. No cuts are made based on ability at the beginning of the program. If you come regularly, set goals, accept challenge, and work hard you can be a success. Success is mainly measured by times: setting new and improved PR's is success regardless of your place in a race. (There are other ways, too!)

Philosophy of 6th grade program/rationale: We love having 6th graders run with us and hope many of you find an important, meaningful, and fun program for your middle school years. The main reason for the more limited days, compared to 7th and 8th graders, is the elimination of the need to cut anyone from the team. We typically have 50 or more 7th and 8th graders, which is a big group; we want everyone to have an opportunity in a safe environment.

Questions: See Coach William Sheppard in room 212 or email to sheppardw@newton.k12.ma or Katrina Antonellis (Enrichment/Athletic Director) antonellisk@newton.k12.ma.us