***WSHS XC 2021***

<http://wshscrosscountry.weebly.com/>

***All paperwork is due Monday, July 19, 2021. No student-athlete will participate after July 19th without paperwork. (Per- SCIAA policy)***

1. Check or cash for team dues: Made to WSHS ABC $70.00 (dues help cover the costs of most meets (except Memphis Youth Athletics), race entry/meet fees and end of the year awards at our team dinner).
2. Please complete the XC rules contract and Booster Club Membership Form. Without your $30.00 membership our costs would increase.
3. **Please complete and return the Preparticipation Sports Physical Evaluation** - **signed by a physician**. It must be dated after April 15, 2021. **4 additional forms must also be signed and dated**; 1. Assumption of risk/informed consent 2. Consent for athletic participation & medical care. 3.Concussion Statement 4. Sudden cardiac arrest (SAC). *Athletes cannot participate with these forms*.

Summer Conditioning and Practices

* Summer conditioning will begin Friday, June 18th for grades 9-12 @ 6:00 am Monday- Friday. Saturday practice times are 7:00 am.
* Monday, August 9th practice times will be moved to 4:00 pm
* Practice location will be at Shelby Farms across from playground - gravel parking lot area.
* **TSSAA Dead Period Rule** – No coaching, observing, or contact between coach and players in sport involved. There is no practice, no open facilities, and no weight training/conditioning. The Dead Period, which is to be observed by all schools, are the weeks of **June 28 – July 11, 2021** – 14 days. Coach Wolfe and Coach Shadow cannot have contact with student-athletes during this 2-week window.
* Time trial to determine team roster and race schedule placement will be held Saturday, August 7th @ 7:00am on the Shelby Farms XC course- followed by coaches meeting with parents. **Qualifying XC times for this year are sub 31:00 min for girls and sub 27:00 min for boys on our 5K XC course.  (Attending summer conditioning does not guarantee a position on the cross-country team fall roster- qualifying times do).**
* Daily practice attendance will begin the first day of school.
* Competition Schedules will be passed out along with uniforms on Saturday, August 14th
* Coach Wolfe cell 901-833-0887 [aj\_wolfe@comcast.net](mailto:aj_wolfe@comcast.net)
* Coach Shadow cell 901-626-9819 [eshadow@comcast.net](mailto:eshadow@comcast.net)