

Rupert A. Nock Middle School

Cross Country Program 2022 Information



This fall, the R.A.N. Middle School will be running our 21st season of the Interscholastic Girls and Boys Cross Country Program. Students improve their cross country running and compete with students from nearby schools.

Program Details:

This year, our program will begin with practice on **TUESDAY, SEPTEMBER 6th**, and will continue through the end of October. The program is open to students in 6th, 7th, and 8th grades. Practices are held from **2:45-3:45****, on **Mondays, Tuesdays, and Thursdays**. Practice workouts typically require students to **RUN** between 2-3 miles. (** Please note that the **FIRST TWO** practices are held at FULLER FIELD - and are from 2:15-3:15pm).

Our season includes 4 home meets and 1-2 away meets starting in mid-September and continuing through the month of October. For both home and away meets, competition will typically begin at 4:00 and end by 5:30 p.m. Spectators are welcome at both home and away meets.

Students who are beginner distance runners may want to enroll in the Nock Middle School afterschool program *INTRODUCTION to RUNNING*. This program is held once a week and helps students practice distance running with the goal of running for 20 minutes without stopping.

PRACTICE & COST

The **FIRST** practice is **TUESDAY, SEPTEMBER 6th**, which will be held at FULLER FIELD next to the NOCK MIDDLE SCHOOL. PLEASE NOTE- this practice begins @ **2:15 pm and ends at 3:15 pm. THURSDAY, SEPTEMBER 8th is ALSO AT FULLER FIELD.**

Starting MONDAY, SEPTEMBER 12th, practices will be held at Maudslay State Park at 2:45-3:45 pm. A full schedule will be distributed to students on Monday, September 12th. The schedule will also be posted on the Nock Middle School's website.

The fees per student will be \$100 for the FULL season. (Please contact the coaches if you are in need of financial assistance).

The cost of the program includes bus transportation to and from our away meets and a tee shirt.

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TO RESERVE A SPOT ON THE TEAM:

- **COMPLETE THE ONLINE REGISTRATION LINK BELOW & PAYMENT**
<https://www.familyid.com/organizations/newburyport-high-school-athletics>
- **EMAIL YOUR UP TO DATE PHYSICAL TO Kathy Cutter:**
kcutter@newburyport.k12.ma.us

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.

Registrations are due by August 31st . - Registration is ONLINE

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

Registration questions please email - Kathy Cutter at kcutter@newburyport.k12.ma.us