

Rupert A. Nock Middle School

Cross Country Program 2023 Information



This fall, the R.A.N. Middle School will be running our 22nd 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:

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This year, our program will begin with practice on **MONDAY, SEPTEMBER 11th**, 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 (Sept 11 & Sept 12) are held at **FULLER FIELD** - and are from 2:15-3:15 pm).

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. This program begins mid-September and runs through October.

PRACTICE & COST

The **FIRST** practice is **MONDAY, SEPTEMBER 11th**, which will be held at **FULLER FIELD** next to the **NOCK MIDDLE SCHOOL**. The **SECOND** practice is **TUESDAY, SEPTEMBER 12th** also held at **FULLER FIELD**.

PLEASE NOTE- these two practices begin @ **2:15 pm** and ends at **3:15 pm**.

Starting THURSDAY, SEPTEMBER 14th, practices will be held at Maudslay State Park at 2:45-3:45 pm. A full schedule will be distributed to students on Tuesday, September 12th. The schedule will also be posted on the Nock Middle School's website.

There are NO registration fees for Nock students.

TO RESERVE A SPOT ON THE TEAM:

- **COMPLETE THE ONLINE REGISTRATION LINK BELOW & PAYMENT**

- **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