

Cameron Veterans Middle School Cross Country

Dear Parent/Guardian:

We are happy that your athlete has chosen to be a member of the Cameron Veterans Middle School Cross Country Team, I am excited to be coaching this group of athletes. A Privit account and sports physical must be completed and on file with the district before your son/daughter will be allowed to practice. We will be practicing and running outside as much as possible, so a few things need to be provided so your athlete can make the most out of our few practices times. Please have them pack a small bag with items for practice, these items should include:

1. A bag to hold school and clothing items (unfortunately items left out, even in our locker rooms, invite theft)
2. Cool/Warm clothes- practice attire (shorts, short sleeve shirt/sweat shirt, sweat pants)
3. Water bottle
4. Hat and gloves (for cool weather)
5. Regular running shoes
6. Rain Gear, Sunscreen and a hat (could be included in packing)

Our XC Philosophy

1. Develop competitive, well-trained runners that compete to the best of their abilities.
2. Encourage runners to become exercisers for life.
3. Give runners an opportunity to make new friends.

Attendance will be monitored and recorded daily with an understanding that there is a strong correlation between practice, performance, and minimizing risk of injury. With practice starting Aug. 15th, we have a few practices outside of school days. We will still meet in the CVMS commons at 3pm for practice on those days (I will ensure the CVMS front doors are open prior to that time). We MUST HAVE 14 practices to be eligible to compete. Team members are expected to be at practice each day, we only have 1 “extra practice” built into our schedule, so attendance is important. Excused practices would include Doctor Appointments, Family Emergencies, etc.; as long as coach is notified prior to the missed practice (I understand family and life schedules, but ask to “be in the know” about athlete’s locations and responsibilities), after 3 unexcused absences you will be asked to leave the team. You may be INELIGIBLE to compete in a race following an unexcused absence. 3 Ways NOT to inform Coach that you will be missing practice. All of these will be considered UNEXCUSED.

1. Have a friend or teammate tell him
2. Tell him right before practice, unless it is an EMERGENCY
3. Tell him the next day

We will finish practice promptly at 4:30. Pick up will be at middle school, we will use the Athletic Entrance (off the gym- HS Parking Lot). Please DO NOT USE THE BUS LOOP. We will try to let your athlete know our plans the day before or by remind message as soon as it is

determined by coaching staff, but this decision is totally weather based. If it is nice out, we will practice outside (be prepared with weather appropriate clothing and water).

Please find enclosed with this letter a tentative meet schedule and a copy of our practice schedule, Privit instructions and a track guidelines sheet.

We offer a team t-shirt (order forms sent home once practice begins). I will endeavor to keep the shirts options as fiscally responsible as possible. We will provide a school uniform to use at runs, so the t-shirts will be optional to purchase.

I am also including a couple of workout plan ideas for starting your athletes running and conditioning before Aug. 15th. Running cross country will require time to build up endurance and a simple plan (like those attached) will allow you athlete to start participating with minimal physical discomfort. We will focus on building endurance, stretching, diet and hydration during practice, but starting with an “entry workout plan” might help all athletes comfort and season.

I will try to keep changes to a minimum, so please keep this schedule handy to answer any time questions. We will provide a better meet schedule, with bus times, as we get closer to the events. If you have any questions, please feel free to contact me or either of you athletic directors.

Sincerely,

Coach Robinson



Sign up for important updates from Mr Robinson.

Get information for **Cameron Middle School** right on your phone—not on handouts.

Pick a way to receive messages for **CVMS Cross Country**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/cvmsxc18

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

A graphic of a smartphone displaying a web browser. The address bar shows "rmd.at/cvmsxc18". The page title is "Join CVMS Cross Country". Below the title, there are two input fields. The first is labeled "Full Name" and contains the placeholder text "First and Last Name". The second is labeled "Phone Number or Email Address" and contains the placeholder text "(555) 555-5555".

Full Name

First and Last Name

Phone Number or Email Address

(555) 555-5555

B If you don't have a smartphone, get text notifications.

Text the message **@cvmsxc18** to the number **81010**.

If you're having trouble with **81010**, try texting **@cvmsxc18** to **(573) 503-4526**.

** Standard text message rates apply.*

A graphic of a smartphone displaying a text messaging app. The "To" field shows the number "81010". The "Message" field contains the text "@cvmsxc18".

To

81010

Message

@cvmsxc18

Don't have a mobile phone? Go to rmd.at/cvmsxc18 on a desktop computer to sign up for email notifications.

Introduction to Privit Profile

The following handout provides instructions for completing the Privit Profile process. This information can be completed on your mobile device, laptop, tablet, or any other device that is connected to the internet.

If you need assistance with the Privit Profile™, please contact the Help Center at 844-234-4357 or visit www.support.privit.com.

You can also reach Kristy Stover at 816-882-1036 at the school for additional assistance or email kstover@cameronschools.org

Steps for creating a Privit Profile:

1. Register an account in the parent's name at the following website <https://camerondragons-mo.e-ppe.com/index.jspa>

Write down your login and password. You will use this information for the entire time your student athlete is a Cameron Dragon!

2. Add athlete(s) to your account (You only need to create one account for your entire family!)

3. Complete all relevant athlete information

- Personal Details
- Pre-Participation History Form
- MSHSAA Parent Permission
- MSHSAA Concussion Materials
- MSHSAA Student Agreement
- Emergency Contact Information
- Athletic Handbook

4. Apply parent electronic signature

5. Apply athlete electronic signature

6. Turn in the one page student athlete MSHAA physical into the athletic director.

****You can upload a copy of the physical into Privit yourself, however, we will still need a paper copy for file**** Located at the top of your homepage will be a status bar that will either show **"Submission Complete"** or **"Submission Incomplete"**, for incomplete status, you can hover your mouse over the top of the page and it will give you a detailed list of what is still needed for profile completion. Once your file is complete it will then change your status to **"Submission Complete"**.

It is important to note your account will state **"PENDING"** until all necessary forms are reviewed by the appropriate staff member. This includes getting your student athletes physical uploaded into their file. Once the forms are reviewed and the file is deemed complete, your student athlete status will be changed to **"CLEARED"**.

7. Hit the join team button and join the teams that your child will be participating on the upcoming year. The password to join the teams is the team name. Ex: football = football, softball = softball.

*****For detailed instructions for each step listed above, please refer to the information below*****

As a parent/guardian, you are going to register an account with Privit. You will then add your student to this account. Please only complete information pertaining to your student athlete. To start creating your account you will need to either select or enter the link <https://camerondragons-mo.e-ppe.com/index.jspa> and then follow each of the steps below.

1. From the landing page, click Register.
2. Please register with your name as a parent, your email address, and then create a password of your choice. When you are finished, click Sign Up.

(If you have multiple family members or if you have already registered yourself, you do not need to register again and please move to step #5 below.)

3. Next, a Welcome Message should appear. Click Continue located towards the top of the message to transition to the HOME page.

4. On the Home page click the Add Member button on the left side of the page. (This allows you to add your student/athlete to your account; and this section allows you to add other family members if necessary.)

- Click Add Member on the left side of the page.
- Enter your athlete's first name (and last name if different), date of birth, and gender. Then click Add Member.
- You should then be directed to a Copy Data page. Please select the grey Cancel tab at the bottom and you will be taken back to the Home page.
- You will now see the student/athlete listed under Family Members. Please click on the student Name. Then begin completing the Personal Details by clicking the Start button located at the right of Personal Details.
- Complete each section of the Personal Details to 100% and then click Save and Exit.

IMPORTANT: In order for the Personal Details to be 100% complete you will need to answer all mandatory questions, marked with a red asterisk (*). You WILL NOT be able to submit your forms until this step is complete.

5. Click Start located to the right of Pre-Participation History Form. Complete all of the questions marked with a red asterisk (*) throughout this form and then click Submit.

- a. A message will appear if you want to review or sign it the document. You will need to click the Blue Sign button to be taken to the page where you will create an electronic parent signature. From this step you will select the Blue Create New Signature tab.

- b. With your computer cursor or with your finger from a tablet and/or mobile device, create your signature and/or initials then click the Blue Save Tab. You will then see your signature displayed. Select the Grey Done Tab located underneath. Once complete, you will then be on your account Management Page. Select Home near the top left of the screen.

c. Once you have created a parent e-signature, you will not be required to repeat this process. **You will be able to apply this parent e-signature anywhere a parent e-signature is required.**

6. From your student athlete's home page, click on Start located to the right of MSHSAA Parent Permission. Complete the MSHSAA Parent Permission and click Submit when you have finished. At this time you will be able to apply your parent e-signature to the form. You will then be redirected to the Manage Documents page, where you will want to select Home in the top left to be directed back to Home Page.

7. Click Start located to the right of MSHSAA Student Agreement. Complete the MSHSAA Student Agreement and click Submit. This document requires a student athlete e-signature and for instructions for student athlete e-signature, please see the instructions below for creating a student athlete e-signature. Next click Home located in the top left to be directed back to your Home Page.

8. Follow the same procedure for MSHSAA Concussion Materials and Emergency Contact Information as described in step 6. above.

9. After completing the MSHSAA Smart Forms, you must join a team. To join a team, click Update next to Joined Teams, and check the box next to the team(s) your student/athlete will be participating in throughout the school year. (If you are uncertain about which teams your student-athlete might play, chose at least ONE team. You can edit this at any time. You must choose at least one team so that the school staff can access the files. The password to join the team is the sports team you are joining. (EX. softball, basketball, wrestling, track)

IMPORTANT: You cannot skip this step as it is critical for you to be able to print your reports/forms to take to the physical exam. In addition, your athlete's coaches and athletic trainers will be able to review clearance status, emergency contact information, and see your athlete on the team roster.

10. When you have completed all the documents and joined a team, you will want to print the MSHSAA Physical Examination Form for the doctor to sign. To print the Physical Form, click Download located to the right of the MSHSAA Physical Examination Form. The form should now appear within a new tab. You can print the physical form by right clicking on the page and selecting Print.

- When the Physical Form has been signed by the doctor, please turn it back into the school, or upload it into your student's profile. If you have already received your physical please take it to school and turn it into Kristy Stover or Matt Wenck, Athletic Director. They will then upload the physical into your file and keep a copy for school records.

Important Note: The school only needs the ONE PAGE MSHAA PHYSICAL FORM. The additional three pages previously used are now completed online.



Cameron R-1 High School and Cameron Middle School

Cross Country 7th/8th Schedule (as of 05-09-18)

Type	Time	Opponent	Location
Wednesday, Sep 5, 2018			
Meet	4:00PM	Away vs. Spring Garden Middle	Spring Garden Middle School
Tuesday, Sep 11, 2018			
Meet	4:00PM	Lexington, Maryville Middle, North Platte, Smithville Middle School, Winston	Cameron Golf Course Golf Course
Wednesday, Sep 19, 2018			
Meet	4:00PM	Away vs. Truman Middle	TBA
Wednesday, Sep 26, 2018			
Meet	4:00PM	Away vs. Robidoux Middle	Krug Park
Tuesday, Oct 2, 2018			
Meet	4:00PM	Away vs. Excelsior Springs Middle School	Excelsior Springs Golf Course
Wednesday, Oct 10, 2018			
Meet	4:00PM	Away vs. St. Joseph Central	TBA

august



2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
30 July	31	1 August	2	3	4/5
6	7	8	9	10	11/12
13 No school Practice at 3pm (weather permitting) <i>**meet at the athletic entrance</i>	14 No school Practice at 3pm (weather permitting) <i>**meet at the athletic entrance</i>	15 No school Practice at 3pm (weather permitting) <i>**meet at the athletic entrance</i>	16 No school Practice at 3pm (weather permitting) <i>**meet at the athletic entrance</i>	17 No school Practice at 3pm (weather permitting) <i>**meet at the athletic entrance</i>	18/19
20 No school Practice at 3pm (weather permitting) <i>**meet at the athletic entrance</i>	21 1 st Day of school Practice at 3pm (weather permitting) <i>**meet in the CVMS Commons</i>	22 Practice at 3pm (weather permitting) <i>**meet in the CVMS Commons</i>	23 Practice at 3pm (weather permitting) <i>**meet in the CVMS Commons</i>	24 Practice at 3pm (weather permitting) <i>**meet in the CVMS Commons</i>	25/26
27 Practice at 3pm (weather permitting) <i>**meet in the CVMS Commons</i>	28 Practice at 3pm (weather permitting) <i>**meet in the CVMS Commons</i>	29 Practice at 3pm (weather permitting) <i>**meet in the CVMS Commons</i>	30 Practice at 3pm (weather permitting) <i>**meet in the CVMS Commons</i>	31 Practice at 3pm (weather permitting) <i>**meet in the CVMS Commons</i>	1 September/2
3	4	5	6	7	8/9

september



2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27 August	28	29	30	31	1 September/2
3 No Practice <i>Labor Day</i>	4 <i>No school</i> Practice at 3:30pm <i>Teacher In-service Day</i>	5 Away @ Spring Garden Middle School (St. Joseph) 4:00pm	6 Practice at 3pm <i>(weather permitting)</i>	7 Practice at 3pm <i>(weather permitting)</i>	8/9
10 Practice at 3pm <i>(weather permitting)</i>	11 Home @ Cameron Veterans Golf Course 4:00pm	12 Practice at 3pm <i>(weather permitting)</i>	13 Practice at 3pm <i>(weather permitting)</i>	14 Practice at 3pm <i>(weather permitting)</i>	15/16
17 Practice at 3pm <i>(weather permitting)</i>	18 Practice at 3pm <i>(weather permitting)</i>	19 Away @ TBA (Truman Middle School) 4:00pm	20 Practice at 3pm <i>(weather permitting)</i>	21 No Practice <i>Homecoming- Early Out Parade?</i>	22/23
24 Practice at 3pm <i>(weather permitting)</i>	25 Practice at 3pm <i>(weather permitting)</i>	26 Away @ Krug Park (Rubidoux) 4:00pm	27 Practice at 3pm <i>(weather permitting)</i>	28 Practice at 3pm <i>(weather permitting)</i>	29/30
1 October	2	3	4	5	6/7

october



2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
24 September	25	26	27	28	29/30
1 October Practice at 3pm (weather permitting)	2 Away @ Excelsior Springs Golf Course 4:00pm	3 Practice at 3pm (weather permitting)	4 No Practice P/T Conferences	5 No school No Practice No School	6/7
8 No school Practice at 3:30pm Teacher In-service Day	9 Practice at 3pm (weather permitting)	10 Away @ TBA (St. Joseph Central) 4:00pm	11	12	13/14
15	16	17	18	19	20/21
22	23	24	25	26	27/28
29	30	31	1 November	9	10/11

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 3 min jog 5 min walk	Relax!	Relax!
2	5 min walk 3 min jog 5 min walk	Relax!	5 min walk 4 min jog 5 min walk	Relax!	5 min walk 5 min jog 5 min walk	Relax!	Relax!
3	5 min walk 6 min jog 5 min walk	Relax!	4 min jog 5 min walk 4 min jog 5 min walk	Relax!	5 min walk 7 min jog 5 min walk	Relax!	Relax!
4	5 min walk 7 min jog 5 min walk	Relax!	5 min walk 8 min jog 5 min walk	Relax!	5 min walk 9 min jog 5 min walk	Relax!	Relax!
5	5 min walk 9 min jog 5 min walk	Relax!	6 min jog 5 min walk 6 min jog 5 min walk	Relax!	5 min walk 10 min jog 5 min walk	Relax!	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	Relax!	13 min jog 5 min walk	Relax!	15 min jog 5 min walk	Relax!	Relax!
7	15 min jog 5 min walk	Relax!	8 min jog 5 min walk 8 min jog 5 min walk	Relax!	16 min jog 5 min walk	Relax!	17 min jog 5 min walk
8	17 min jog 5 min walk	Relax!	18 min jog 5 min walk	Relax!	20 min jog 5 min walk	Relax!	Relax!
9	20 min jog	Relax!	12 min jog 5 min walk 12 min jog	Relax!	24 min jog	Relax!	25 min jog
10	25 min jog	Relax!	27 min jog	Relax!	30 min jog	Relax!	<u>Race</u> Day!

COUCH TO 10K

couch2marathondiary.wordpress.com

WEEK		DAY 1		DAY 2		DAY 3	
W01	Jog	8		8		8	
	Walk	12	Jog 60s > Walk 90s (x8)	12	Jog 60s > Walk 90s (x8)	12	Jog 60s > Walk 90s (x8)
	Total	20		20		20	
W02	Jog	9		9		9	
	Walk	12	Jog 90s > Walk 2mn (x6)	12	Jog 90s > Walk 2mn (x6)	12	Jog 90s > Walk 2mn (x6)
	Total	21		21		21	
W03	Jog	9	Jog 90s > Walk 90s	9	Jog 90s > Walk 90s	9	Jog 90s > Walk 90s
	Walk	9	Jog 3mn > Walk 3mn (x2)	9	Jog 3mn > Walk 3mn (x2)	9	Jog 3mn > Walk 3mn (x2)
	Total	18		18		18	
W04	Jog	16	Jog 3mn > Walk 90s	16	Jog 3mn > Walk 90s	16	Jog 3mn > Walk 90s
	Walk	5,5	Jog 5mn > Walk 2,5mn	5,5	Jog 5mn > Walk 2,5mn	5,5	Jog 5mn > Walk 2,5mn
	Total	21,5	Jog 3mn > Walk 90s Jog 5mn	21,5	Jog 3mn > Walk 90s Jog 5mn	21,5	Jog 3mn > Walk 90s Jog 5mn
W05	Jog	15	Jog 5mn > Walk 3mn	16		20	
	Walk	6	Jog 5mn > Walk 3mn	5	Jog 8mn > Walk 5mn	0	Jog 20mn (2 miles)
	Total	21	Jog 5mn	21	Jog 8mn	20	
W06	Jog	18	Jog 5mn > Walk 3mn	20		20	
	Walk	6	Jog 8mn > Walk 3mn	3	Jog 10mn (1 mile) > Walk 3mn	0	Jog 20mn (2 miles)
	Total	24	Jog 5mn	23	Jog 10mn (1 mile)	20	
W07	Jog	25		25		25	
	Walk	0	Jog 25mn (2,5 miles)	0	Jog 25mn (2,5 miles)	0	Jog 25mn (2,5 miles)
	Total	25		25		25	
W08	Jog	28		28		30	
	Walk	0	Jog 28mn (2,75 miles)	0	Jog 28mn (2,75 miles)	0	Jog 30mn (3 miles) 5K Achieved !
	Total	28		28		30	
W09	Jog	40		40		40	
	Walk	3	Jog 10mn > Walk 1mn (x3) Jog 10mn	3	Jog 10mn > Walk 1mn (x3) Jog 10mn	3	Jog 10mn > Walk 1mn (x3) Jog 10mn
	Total	43		43		43	
W10	Jog	45		45		45	
	Walk	2	Jog 15mn > Walk 1mn (x2) Jog 15mn	2	Jog 15mn > Walk 1mn (x2) Jog 15mn	2	Jog 15mn > Walk 1mn (x2) Jog 15mn
	Total	47		47		47	
W11	Jog	51		51		51	
	Walk	2	Jog 17mn > Walk 1mn (x2) Jog 17mn	2	Jog 17mn > Walk 1mn (x2) Jog 17mn	2	Jog 17mn > Walk 1mn (x2) Jog 17mn
	Total	53		53		53	
W12	Jog	54		54		54	
	Walk	2	Jog 18mn > Walk 1mn (x2) Jog 18mn	2	Jog 18mn > Walk 1mn (x2) Jog 18mn	2	Jog 18mn > Walk 1mn (x2) Jog 18mn
	Total	56		56		56	
W13	Jog	44		50		60	
	Walk	1	Jog 22mn > Walk 1mn Jog 22mn	1	Jog 25mn > Walk 1mn Jog 25mn	1	Jog 30mn > Walk 1mn Jog 30mn
	Total	45		51		61	
W14	Jog	60		60		60	
	Walk	0	Jog 60mn	0	Jog 60mn	0	Jog 60mn 10K Achieved !
	Total	60		60		60	