

Hereford Middle School

Cross Country Team



Summary: The HMS Middle School Boys' and Girls' Cross Country Teams offer a competitive high-level middle school cross country program for 6th through 8th grades. BCPS middle school teams provide an enjoyable educational experience for young adolescents based on their developmental characteristics and needs. The development of self-esteem, citizenship, responsibility and skills in cooperative and leadership behaviors are positive outcomes of appropriate middle-level athletic programs.

Wisconsin Department of Public Instruction

Key Topics: Try outs are open to all students who meet the eligibility requirements. The team is an incentive or reward for students becoming successful in school. When a student is willfully non-proficient in class work or guilty of poor citizenship, the student is ineligible to participate in this program. Only a select number of team members will be entered in the County Regional Meet and County Championship Meet. The County Regional Meet and the County Championship Meets are 2 mile races. All are encouraged to compete and be a part of the team regardless of physical ability.

Expectations:

All students must have a BCPS Athletic Permit and Physical Exam completed before they are eligible to try out for the team. The eligibility standard is 2.0 with no failing grades in the marking period prior to and during participation on the team. Team practices begin in mid-September. Students are required to attend at least two practices a week. Practices are held on Monday through Thursday from 2:15-3:45. The season ends with the culminating County Championship Meet in late October.

Coaches: Mr. Bennett jbennett@bcps.org and Ms. Zinkand ezinkand@bcps.org



