

# Lineville Cross Country

## April 2021 - Special Edition

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### Overview

Cross country is traditionally a fall sport for those who love to run, compete, and be part of a team. Even though the fall season was cancelled, we still want to give our young runners a taste of the cross country experience. We will have practice after school Mondays, Tuesdays, and Wednesdays and will meet outside by the cafeteria doors. We will go over our daily announcements, practice form running, do stability exercises, and then go for a run outside. Please dress accordingly. We all know how unpredictable Wisconsin springs can be. At practice, we will follow social distancing guidelines put together by the WIAA and Bay Port Cross Country Team. There will not be any competitions against other schools this season, but we will have two time trials that will provide a more competitive practice. Please be aware that this is a running focused sport so participants should be prepared and willing to go for a run every practice.

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### Practices

- Who: 5th and 6th graders at Lineville
  - What: We run 1 to 4 miles everyday based on individual fitness levels.
  - Where: We start outside by the cafeteria doors and run around the HSSD campus.
  - When: April 5th, 6th, 7th, 12th, 13th, 14th, 19th, 20th, 21st, 26th, 27th, and 28th
  - Time: 2:50 - 4:00 \*Please make sure all participants are picked up by 4:00.\*
  - Why: Promotes fitness, sportsmanship, and teamwork.
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### Coaches

- Kory Baker - Spanish Teacher at Bay Port High School
  - Email: [korybake@hssdschools.org](mailto:korybake@hssdschools.org)
  - Cell: 920-680-0545
- Marissa Wenig - 5th Grade Teacher at Lineville Intermediate School
  - [Mariweng@hssdschools.org](mailto:Mariweng@hssdschools.org)
- Scott Pamperin - Social Studies Teacher at Bay Port High School
  - Email: [Scotpamp@hssdschools.org](mailto:Scotpamp@hssdschools.org)

## 2021 Practice Rules and Safety Procedures

- Runners must obey current social distancing guidelines while they are at practice.
- Masks to be worn while on school grounds. Athletes may take the masks off when they start running but must put them on when they are back at school.
- Hand sanitizer will be available for students to use.
- Athletes will run in groups of 2 to 4 in order to help with contact tracing. These groups will stay consistent throughout the season.
- Water Bottles--- Athletes and coaches **MUST** bring their own water bottles if they wish to have water at practice. ***Students must clearly label their own bottle.*** Watering stations will not be available.
- Locker Rooms - Athletes **WILL NOT** have access to the locker rooms so please come prepared to run.
- Athletes cannot report to practice if they are experiencing any of the following Covid-19 symptoms:
  - Fever
  - Cough
  - Sore Throat
  - Shortness of Breath
  - Close contact with someone who has Covid-19
- If you have any questions or concerns, please contact one of the coaches.

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## Spring 2021 Cross Country

Monday	Tuesday	Wednesday	Thursday	Friday
April 5  FIRST DAY OF PRACTICE	6  Mile Time Trial	7  Recovery Run	8  <i>High School Meet at Meadowbrook</i>	9
12  Long Run	13  Speed Workout 400m Repeats	14  Recovery Run	15  <i>High School Meet at Pulaski Polka Grounds</i>	16
19  Long Run	20  Speed Workout Fartlek Run	21  Recovery Run	22  <i>High School Meet at Meadowbrook</i>	23
26  Pre-Race Run	27  Mile Time Trial	28  Recovery Run & Awards	29  <i>High School Meet at Meadowbrook</i>	30