

## **BMS XC Meet Prep Info**

See our website at <http://bmscross.weebly.com/meets.html> for all meet location and course map details.

### **Bring the Following Items to Home and Away Meets:**

**Running shoes / optional racing spikes**

**Uniform tank top and shorts**

**Girls Only: Black shorts to wear with uniform top**

**Mask for bus ride (REQUIRED by federal law)**

Enough **food snacks** for yourself after school and after your race

Enough **water** for your school day, the walk to the park, after warm up, and water or gatorade for after the race

Extra mask in case one gets wet

Ziplock bag for electronics if it rains

Grocery sacks to keep shoes dry if grass is wet

Extra pair of dry socks for after race on wet days

Hair tie or two if needed

### **Home Meet Details**

Athletes will **LOAD** band instruments / laptops / homework in school lockers into a coach's vehicle to take to the park

Athletes will walk with coaches as a team from Mrs. Kincaid's Room to Jane's Park after school.

Athletes may want to bring a bag or backpack to carry the needed items listed below for the meet.

All athletes will help set up flags before meets as their warmup.

Girls will race first and pick up flags after the boys race as their cooldown.

Boys will race after the girls and pick up the finish chute at the conclusion of the boys race.

Parents and spectators unless volunteering are expected to stay behind caution tape and away from team camp.

Any volunteers are expected to wear masks. Parents and spectators are encouraged to wear masks.

Athletes should **NOT** need return to school with parents after the meet to get items from school lockers.

If parents are unable to transport their child from the park back to the school, parents need to contact coaches before the meet to make special arrangements for their child.

### **Away Meet Details**

ALL athletes will meet after school in Mrs. Kincaid's classroom to work on homework.

Athletes will **BRING** laptop / band instruments / homework on the bus to away meets

Athletes will wear mask on bus to and from meet

We're at the mercy of other schools. Parents need to be prepared to bring a mask and social distance.

### **After School Expectations:**

Students will wear team shirts to school and change into uniforms after school. Athletes need to bring a snack for after school, change, and meet in Mrs. Kincaid's classroom by 3:30. We will head down to the bus by 3:45 and should load the bus around 4:00. Students are to take all their belongings on the bus because we will not come back to lockers after the meet.

### **Bus Procedures:**

**In order to lower the number of passengers and decrease the time spent on a bus, PARENTS are allowed to take THEIR ATHLETE home with them following a contest.** This procedure is being adopted in response to the current COVID19 environment. Parents can complete the one-time permission form, good for the whole season. It will be handed out on paper at practice but can also be found on the last page here. This should be returned to coaches **AT PRACTICE** before a meet, so it can be turned into the athletic office. Coaches are responsible for releasing students following games to their **PARENTS ONLY** and keeping a list for an accurate headcount before departing. Athletes are expected to stay with the team at the meet until the team is done cooling down and camp is picked up. Parents must be present and will need to check out their child with the coaches from the school bus location before leaving each meet. As always, school bus transportation will be provided to all students not traveling with parents. Parents meeting the bus at school after the meet should go to door 15 in the East parking lot on Marshall St. If you have any questions, please contact Troy Holmes at [tholmes@bps.k12.in.us](mailto:tholmes@bps.k12.in.us) or Stephanie Fish at [stfish@bps.k12.in.us](mailto:stfish@bps.k12.in.us) in the Bremen Athletic Office.

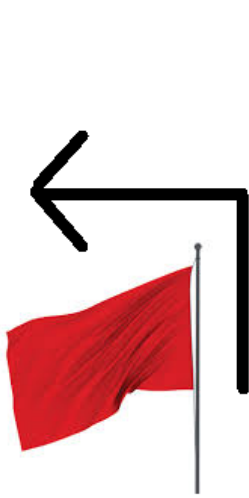
**Flag Colors**

Do NOT touch OR flick the flags. This is unsportsmanlike conduct and can result in disqualification!!

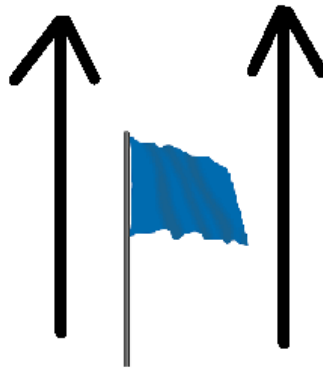
You can go on EITHER side of a BLUE flag since you are going STRAIGHT.

You must go AROUND a yellow or red flag to TURN. Do NOT cut in front of a red or yellow flag.

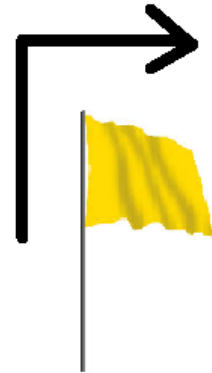
If you miss a flag, you could be disqualified if you do not GO BACK to go around it correctly.



RED is NOT right  
That is WRONG  
So turn LEFT



Blue like the SKY  
Continue SRAIGHT AHEAD



Yellow is BRIGHT  
So Turn RIGHT



## Bremen High School Athletic Department "Home of the Lions"

Mr. Troy Holmes - Athletic Director ♦ Mrs. Stephanie Fish - Athletic Assistant  
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### 2020 Fall Athletic Season - Travel from Contests with Parents

In the past, it was an expectation for all athletes to travel home from contests on school-provided transportation. Considering the current COVID-19 environment, parents may elect to have their student ride home with them after contests. This practice will reduce the amount of time a student is traveling on a school bus and increase the space available for those returning to Bremen on a team bus.

If you would like the option of your child riding home with his parents after contests for the 2020 fall athletic season, please complete the following and submit the Bremen Athletic Office:

Student phone number:

Student signature:

Date:

Parent /Guardian phone number:

Parent/Guardian signature:

Date:

At the conclusion of contests, parents can pick up their students from the Bremen school bus location. Coaches will check out those athletes who are departing with their parents listed on this permission form. Parents must present themselves to the coach for a student to be released. **ATHLETES ARE REQUIRED TO REMAIN WITH THE TEAM UNTIL THE COACH HAS INSTRUCTED THEM TO DEPART.**