BALDWINSVILLE
MODIFIED
CROSS COUNTRY
PRE-SEASON INFORMATIONAL MEETING
2021
INTRODUCTIONS - COACHES

- Kelly Galliher - Boys Coach
- Tiffany Stubbmann - Girls Coach

k galliher@bville.org
t stubbmann@bville.org
**DATES/TIMES/PRACTICES**

Mandatory Practice Begins Monday, August 30th  
Location: Durgee Jr. High Bus Loop

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<tr>
<td>August 30th</td>
<td>August 31st</td>
<td>September 1st</td>
<td>September 2nd</td>
<td>September 3rd</td>
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<td>8:00-9:30</td>
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<td>September 6th</td>
<td>September 7th</td>
<td>September 8th</td>
<td>September 2nd</td>
<td>September 3rd</td>
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<td>Labor Day</td>
<td>2:00-3:30</td>
<td>FIRST DAY OF SCHOOL</td>
<td>8:00-9:30</td>
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<td>No Practice</td>
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<td>3:00-4:30</td>
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**During School:**  3:00 PM – 4:30 PM at Durgee Jr. High School

- Ray student athletes will ride the sports shuttle bus over to Durgee Jr High daily.
- Durgee Jr. High athletes will report to the sports study hall after school.

Please check SCHEDULE GALAXY for the most up-to-date practice/race schedule closer to the start of the season. Information may also be found on the BVXC website. ([https://sites.google.com/a/bville.org/baldwinsvillexc/](https://sites.google.com/a/bville.org/baldwinsvillexc/))
FALL REGISTRATION DATES

Athletes must be registered on www.FAMILYID.com

Registration Starts: July 31st
Registration Closes: August 23rd

A link to www.FAMILYID.com can be found on the Bville Athletics website.

If you are new to Bville Athletics, you need to create a Family ID account and enter in all pertinent information INCLUDING a recent Physical for your child. If the physical is outdated, your son or daughter will NOT be eligible to practice.

Monitor your Family ID account to ensure your athlete is cleared.
What do I need for Cross Country?

- **Proper running shoes!**
- As you know, the weather in CNY is unpredictable. It is important to dress for all 4-seasons. Rain jacket/windbreaker, running pants/leggings, are also great pieces of clothing to have daily.
- Optional, running spikes for competitions, sunscreen, running hat/visor.
- Optional, but STRONGLY encouraged - a digital watch capable of timing.
- Everyone MUST bring their own personal (labeled with your name) water bottle. No sharing will be allowed.
SUMMER FUN RUNS

As we receive guidance from the state, county and district updates will be shared ASAP.

It is our intent to run our voluntary fun runs this summer with a target start date of August 17th at various locations throughout the community.

This is obviously entirely dependent upon state, local and district rules.

WE WILL NOT OPERATE OUTSIDE OF GUIDANCE FROM THOSE ENTITIES!
Health Information

● Warm Up Properly, Stretch After Running, Take Time to Recover

● All injuries, no matter how minor, must be reported to your head coach immediately.

● Shin Splints are very common for beginner runners because they may do too much too soon when trying to build up their mileage. Start building a base in the summer!

● Inhalers/Epi-pens (MUST HAVE FOR ALL PRACTICES If labeled on participation form in Family ID) Please label it and we will put them in our medical kits.
COVID – 19 GUIDELINES

- Right now, there are many questions being considered regarding Interscholastic Athletics and COVID-19. Coaches will continue to receive guidance from our Athletic Director as he gets information from state organizations.

- This could mean many things – practice alterations, travel restrictions, shortened season, and other possibilities are all out there. As we, the coaches, know more, we will communicate that with you. Please know that our utmost concern is always the safety and well being of our student athletes.
Baldwinsville Harriers Booster Club

The Baldwinsville Harrier Booster club serves the Cross Country, Indoor, and Outdoor Track & Field programs. Our program relies on our Booster Club to provide additional opportunities for our athletes to grow in this sport.

The Booster Club is always looking for new members, especially from parents/guardians at the modified level. If you would like to join, please email Club@bvillexctf.com.

To be included in all informational emails from the Booster Club, please send an email with your name to Club@bvillexctf.com.
Join REMIND

We use this app to notify parents/guardians of any changes to practice or race times, arrivals and departures from meets.

Click Link Below
https://www.remind.com/join/21modx

or Text
81010, message code @21MODX
To review:

● Start developing your running base. Aim for 3x a week, 15-20 minute runs.
● Registration starts July 31st- August 23rd on www.FAMILYID.com
● You must have a current physical and be cleared by school nurse in order to practice.
● Practice starts on Monday, August 30th.
● Review www.schedulegalaxy.com for current meet line-up.
● **Save the Date- Saturday, September 25th- The Baldwinsville Invitational.**
  All hands on deck! We will need volunteers.
● Please email the coaches if you would like to be included in summer correspondence.
  ○ Kelly Galliher- Boys Coach  
    kgalliher@bville.org
  ○ Tiffany Stubbmann- Girls Coach  
    tstubbmann@bville.org