BALDWINSVILLE CROSS COUNTRY PRE-SEASON INFORMATIONAL MEETING 2021 SEASON

Link to General Information Packet
INTRODUCTIONS - COACHES

Mike Scuderi - Girls Head Varsity Coach
• Email: mscuderi@bville.org   Cell: 315-416-3543

Katie Dolan – Boys Head Varsity Coach
• Email: kdolan@bville.org   Cell: 607-237-7393

Barbara Ross – Assistant Coach Varsity
Meghan Titus – Assistant Coach Varsity
Additional Communication Methods

Student Athlete’s only - Google classroom code: pb2zzdl

Remind 101:
Send a text to 81010 or (315)303-2755
In the message section type @dolanxc
Send the message
Do whole process again and type @mscude
You will now receive occasional texts from Coach Dolan or Coach Scuder with important information. You cannot respond to the text, but you can respond at our numbers if need be.
SUMMER TRAINING

As we receive guidance from the state, county and district updates will be shared ASAP. **WE WILL NOT OPERATE OUTSIDE OF GUIDANCE FROM THOSE ENTITIES!!!!!**

It is our intent to run our voluntary runs this summer with a start date of July 6th. We will meet Monday through Friday 8AM - 10AM at various locations. The workout calendar will be posted on google classroom. Remember XC seasons are built in the summer! While this is not mandatory we HIGHLY encourage all athletes to attend and participate in the summer training program.

It’s a great time to get to know your teammates and coaches as well as build a strong base for the upcoming season.
DATES/TIMES/PRACTICES

FIRST Mandatory Varsity Practice will be Monday, August 23rd – 8:00 AM @ Baker High School.

A schedule for times and locations of all mandatory practices from August 23rd through Labor Day will be available on our team website (https://sites.google.com/a/bville.org/baldwinsvillexc/)

PLEASE GET SCHEDULE GALAXY -- GET THE APP ON YOUR PHONE

Prior to start of school – August thru Labor Day
• Sites: (8:00 AM – 10:00 AM) again, if the date/time changes, you will be notified ASAP.

During School:
• Varsity 3:00 PM – 5:15 PM @ Baker HS

Practice times and locations may change due to restrictions.

Work hard today so that you have no regrets from yesterday and no fears for tomorrow.
FALL REGISTRATION DATES

VARSITY AND JUNIOR VARSITY:
Registration Opens: July 24th – ENDS August 18th, 2021

Here is a link to the Bville Athletics home page. Go to athletics and you will see a link to Family ID.

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 child is cleared.
ARE YOU HURT?

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

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.

Blue collar work ethic beats raw talent everyday.
Right now, there are many questions being considered regarding High School Athletics and COVID-19. Coaches will continue to receive guidance from Chris Campolieta 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.
Our program relies on our Booster club to provide additional opportunities for our athletes to grow in this sport.

If you are not yet a part of this email list – please send an email to Club@bvillexctf.com To be added to the email list the Booster Club will then communicate information to you as well.