



## Welcome to 2017 Fall Cross Country Program at the Marv Jensen Rec Center!

Dear Parents,

Thank you for participating in our youth sports programs. Salt Lake County Parks & Recreation youth sports programs are provided to give all kids the opportunity to participate in recreational sports and serve an important role in addressing the diverse health challenges facing youth today.

Our 2017 FALL Cross Country program is designed to be a recreational running program for youth ages 6 to 18 years of age. Participants will learn and develop fundamental running skills and receive race experience with an emphasis on safety, sportsmanship, Individual work as well as teamwork in a fun environment. The following information in this newsletter will provide the parent/guardian with more in-depth look at how the program will be organized and facilitated to give the participant and the parent/guardian a quality experience. Thank you again and welcome to Salt Lake County youth sports!

Jason Kehr  
Program Coordinator



*“HAVING MY CHILD LEARN HOW TO RUN AND COMPETE ON A CROSS COUNTRY TEAM IN A RECREATIONAL SETTING HAS BEEN A GREAT CHANCE FOR HIM TO PREPARE FOR A FUTURE HIGH SCHOOL TEAM. LEARNING FROM A REAL HIGH SCHOOL COACH AND HIGH SCHOOL RUNNERS WAS A REAL TREAT.”*

*Parent Quote—Fall 2015*

### In This Newsletter

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- Training Information
- Practice and Meet Schedules



## Practices and Equipment

Runners will receive a team jersey to wear at the meets. Runners need to wear their jersey on the outside of any other clothing that they might wear due to the weather.

Runners should always dress for the weather.

Runners should wear running shoes to practices and meets.

Spikes are not allowed.

Don't forget your water bottle to stay hydrated!

## Meet Info

Meet maps will be provided on our website prior to the races.

The courses will be clearly marked. Races will have a rabbit running in front and back of the pack to assist the runners during the races. Results will be provided a day or two after the meet. Ribbons will be handed out at practices.

## Opening Day-Monday, Sept. 11th

### What is opening day?

Opening day is your first meeting and practice with your team. Coaches meet with the runners and their parents and hand out schedules, competitor wristbands, and discuss practices, stretching drills, program expectations. Runners will practice with the coaches. Jerseys will be handed out at a later date.

### What time do I show up for opening day and practices?

All runners should arrive in time to start practice at 6 pm. That means that they should be ready to warm up and stretch at 6 pm. Parents should stay to meet the Program Coordinator and Head Coach and receive their child's wristband.

### What should I do if I can't make the opening day?

Make sure to obtain your child's wristband at the next practice. The coach will have them on site.

## Rainouts

Rain-outs will be determined by 4:00PM on weeknights and 8:00AM on Saturdays.

No announcements or calls will be made if practices or meets are still scheduled.

**In addition, check our Facebook page for rainout announcements.**

If extreme weather arises during the practice or meets the coaches will make the call to cancel or not.



# General Season Information

Marv Jenson Cross Country is focused on providing an opportunity for children to have fun and learn the basics of distance running. This program is recreational in nature and uses local high school students as our team coaches. This program is a great stepping stone for runners who want to eventually join jr. high and high school cross country teams.

Runners will remain with coaches during practices and meets.

Remember that meet times are approximate times, so runners should be present and warmed up with enough time to make the start of their race. Races may start sooner or later than posted depending on the finish of the previous races.

Parents can help during the meets by being assigned to watch specific areas of the course. Please let us know if you can volunteer at the meets.



## Sportsmanship

Parents please remember that the program is for the children participating. Any person (players, spectators, parents, etc.) behaving in an inappropriate manner will be asked to leave the meet or practice.

The decisions of the meet officials and site supervisors are final. A runner or parent seeking to resolve a conflict or issue should attempt to do so by speaking with personnel responsible for the program in the following order: (1) Coach or (2) Program Coordinator (responsible for program development, management and overall supervision).

## Head Injury Awareness

Your child's safety is very important. Pursuant to the passage of House Bill 204, Protection of Athletes with Head Injuries and in order to help protect participants in Salt Lake County sporting events, Salt Lake County Parks and Recreation requires that athletes, parents/guardians and coaches follow Salt Lake County Head Injury Policy and Procedure.

Any athlete, under the age of 18, suspected of suffering a head injury or concussion must be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance.

## Important Season Dates

### Opening Day:

Monday, September 11th

### Practices:

Practices start the week of September 11th. Practices will be held on Mondays and Wednesdays 6-7 pm.

### Meets:

- Thursday, September 28th  
at Kearns Oquirrh Park, Kearns
- Tuesday, October 3rd  
at Big Cottonwood Park, Millcreek
- Saturday, October 14th  
at Veteran's Memorial Park, West Jordan

# Marv Jenson Cross Country Program Schedule 2017



**Marv Jenson (Practice)**  
10300 S. Redwood Rd.  
(Field West of Building)  
South Jordan

**Big Cottonwood Park**  
4300 S. 1300 E.  
Millcreek

**Oquirrh Park**  
5800 S. Cougar Lane  
(4800 West)  
Kearns

**Veterans Memorial Park**  
1985 W. 7800 S.  
West Jordan

**Participants are  
grouped by birth year,  
not age.**

**White Division** 2009-2011  
**Red Division** 2007-2008  
**Yellow Division** 2005-2006  
**Green Division** 2003-2004  
**Blue Division** 1999-2002

**White Division**

2K Distance

**Red Division**

3K Distance

**Yellow Division**

3K Distance

**Green Division**

4K Distance

**Blue Division**

5K Distance

Mon	Tue	Wed	Thu	Sat
<b>September 11</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>September 12</b>	<b>September 13</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>September 14</b>	<b>September 16</b>
<b>September 18</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>September 19</b>	<b>September 20</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>September 21</b>	<b>September 23</b>
<b>September 25</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>September 26</b>	<b>September 27</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>September 28</b> Cross Country Meet Kearns Oquirrh Park Registration: 5:00 PM 5:30 PM Girls 2K & 4K 5:35 PM Boys 2K & 4K 6:15 PM Girls 3K & 5K 6:20 PM Boys 3K & 5K	<b>September 30</b>
<b>October 2</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>October 3</b> Cross Country Meet Big Cottonwood Park Registration: 5:00 PM 5:30 PM Girls 2K & 4K 5:35 PM Boys 2K & 4K 6:15 PM Girls 3K & 5K 6:20 PM Boys 3K & 5K	<b>October 4</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>October 5</b>	<b>October</b>
<b>October 9</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>October 10</b>	<b>October 11</b> Practice All Ages 6:00-7:00 PM Marv Jenson Field	<b>October 12</b>	<b>October 14</b> All County Meet Veterans Memorial Park Registration: 9:30 AM 10:00 AM Girls 2K 10:05 AM Boys 2K 10:30 AM Girls 3K & 5K 10:35 AM Boys 3K & 5K 11:15 AM Girls 4K 11:20 AM Boys 4K

**Contact Us: Marv Jenson Recreation Center**  
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