

May 2019

Dear Cross Country Parent,

Welcome to Nordonia Middle School's Cross Country Program. We are excited to have you and your student-athlete joining our program.

Cross country is a sport that emphasizes sportsmanship, teamwork, and a tremendous work ethic. It is a sport that possesses a unique mix of individual achievement and team unity. Additionally, Nordonia Cross Country student-athletes are expected to be fine citizens and positive roles models within the middle school and in the wider community as well. The coaches value your support of this goal and we thank you in advance for always keeping this in mind.

In addition, cross country is an extracurricular sport and we find classroom studies to be tremendously important. All families should prioritize the *student* portion of our athletes and please let us know how we can assist in this success. We feel this way because less than 2% of student-athletes receive full ride scholarships in college from athletics; academic success in the classroom will earn many more scholarships and awards.

However, once student-athletes are at cross country practice, they need to come ready to run, train, and work hard every day. What we do is challenging and when student-athletes come to practice not ready to work (i.e. mess around in the woods), they become a safety issue and could be asked not to return to cross country.

In order to compete as a Nordonia Middle School Cross Country Student-Athlete, parents and student-athletes will need to submit the required documents by the first official day of practice, **Monday, August 5, 2019**. These forms can now be done online through FinalForms at <https://nordonia-oh.finalforms.com>

Thanks again for your support and your willingness to be a part of the Nordonia Cross Country program.

Sincerely,

Krissy Dombroski - Head Coach



Bridget Tuccillo - Assistant Coach



Matt Spellman - Assistant Coach

**\*\* Stay Connected! \*\***

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including schedules, events, and  
announcements!*

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1. TeamReach on any Smart Device
2. Enter Code: **NMSXC2019**