



Middle School Cross Country

2025 Program Handbook



CEDAR HILLS RECREATION CENTER
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Program History

Tualatin Hills Park & Recreation District (THPRD), in partnership with the Beaverton School District, offers an after-school program at 10 middle schools:

- Cedar Park
- Conestoga
- Five Oaks
- Highland Park
- ISB
- Meadow Park
- Mountain View
- Stoller
- Tumwater
- Whitford



The program began in 1998 with 54 students and has grown to serve up to 490.

We currently offer fall cross country and spring track & field, both designed as no-cut sports teams that welcome all students, regardless of skill level.

THPRD designs programs that reflect each school's unique environment, with the goal of making participation accessible and fun for all students. Facility fees are waived by BSD to help keep costs low, and financial assistance is available for eligible families through THPRD.

Programs are managed by Cedar Hills Recreation Center and serve 6th–8th graders across the district. The goal of this program is to provide safe, affordable, and engaging after-school experiences that build school spirit and support student growth.



Mission Statement

The Middle School Cross Country program aims to introduce the greater Beaverton area youth to the sport of cross country in a fun, inclusive, and supportive environment. We focus on teamwork, friendship, and good sportsmanship, while teaching training basics, meet procedures, safety, and running etiquette.

Our goal is to get kids active in a rewarding way; promoting personal growth, encouraging camaraderie over competition, and celebrating each athlete's individual progress.

Important Dates & Times

Practices are held from 4:30 PM to 5:45 PM (3:25 PM to 4:40 PM for ISB).

August 9th - In District Registration Opens



September 9th - First Day of Practice



October 30th - Last Day of Practice



November 1st - District Meet @ HMT



** There is no practice on days when school is closed, including student conference days. Families will receive an email update if there are any changes or cancellations.*

Registration Information

Registration is open to all Beaverton School District (BSD) middle school students in grades 6–8, including home-schooled students, BSD option school students, and those who live within THPRD boundaries.

How to Register

Registration for fall Cross Country opens August 9, the first day of Fall class registration. You can register:

Online at www.thprd.org

Scanning the QR code to the side.

By phone at (503) 629-6340

In person at any THPRD recreation facility

A THPRD account is required to register.



Cedar Park	CH29100
Conestoga	CH29101
Five Oaks	CH29102
Highland Park	CH29103
Meadow Park	CH29104
Mt. View	CH29105
Stoller	CH29106
Tumwater	CH29107
Whitford	CH29108
ISB	CH29109
Extra Practice Days	CH29110

Class Codes

Emergency Contact & Communication

Your THPRD account must include a current primary phone number, at least one emergency contact with their name, phone number, and relationship to your child, and an up-to-date email address that you check regularly.

This information is essential for your child's safety. The email on file will be our main method of communication for meet details, weather cancellations, schedule changes, and general program updates. Only individuals listed on your authorized pick-up list will be allowed to sign your child out.

Additionally, please ensure your child's medical information is accurate and complete, as this allows our coaches to respond appropriately in emergencies and provide the safest and most supportive environment possible.

Pick-Up Protocol

Practices conclude at 5:45 PM (4:40 PM for ISB), and students must be picked up promptly at the scheduled time. Families are encouraged to carpool if needed.

A Self Check-Out Form is available for athletes with parent permission to leave on their own. Without this form, only listed authorized adults may pick up.

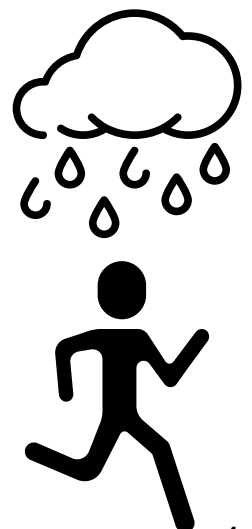
On meet days, all athletes must check out with a coach before leaving, no matter the pick-up method.

Inclement Weather/No School Days

There are no practices on BSD no-school days or if BSD facilities are closed due to inclement weather.

Cross Country practices and meets are held rain or shine. In the event of dangerous weather conditions, such as thunder or lightning, practice will be canceled or moved undercover when possible.

For meets, if severe weather occurs, the race director will make a decision in alignment with district policy to ensure the safety of all participants.



ATHLETE CODE OF CONDUCT

Athlete Conduct

We're committed to creating a positive and respectful environment for all athletes. Disruptive behavior or disrespect toward coaches, teammates, or equipment will be addressed promptly. If these behaviors occur, the athlete may be asked to sit out for the remainder of practice, and parents will be notified at pick-up.

Ongoing interruptions during team discussions may result in a warning and may be documented as a step in our conduct policy.

Behavior Support Plan

Offence 1: Verbal warning issued to the athlete.

Offence 2: Second warning issued. Parent/guardian will be contacted by phone or email.

Offence 3: Parent/guardian will be contacted. Possible suspension from practice or meet participation.

Offence 4: Parent/guardian will be contacted by the THPRD Program Coordinator. A meeting will be scheduled to determine appropriate next steps. The athlete will not be allowed to participate in practices or meets until this meeting takes place.

** An offense is defined as ongoing disruptive behavior as outlined in the Athlete Conduct section, disregard for electronic devices policies, or any actions determined by coaches that contribute to an unsafe or disrespectful team environment.*

Electronic Devices

Personal devices should only be used to contact a parent or guardian when necessary. Music players, including iPods, cell phones, and the use of AirPods, earbuds, or similar devices, are not permitted during practice.

Playing music out loud without approval from coaches is also prohibited, as it can be distracting and may affect safety and focus.

Volunteering

If you're interested in supporting your child's cross country experience, we'd love to have you involved!

Contact: Cohner Davis – c.davis@thprd.org

At Practices:

While paid coaches are assigned to each campus, having additional support from volunteers greatly enhances the experience for our athletes.

Volunteers help create a more engaging, fun, and manageable environment. Whether it's assisting with warm-ups, helping run drills, guiding athletes during runs, encouraging positive behavior, or simply being an extra pair of eyes to help supervise, every bit of help makes a difference.

No prior coaching experience is needed—just a willingness to support the team and have fun!

If you'd like to assist during practices, please fill out the THPRD general volunteer application, available online at the QR code to the right:



At Meets:

On meet days, we rely on volunteers at various stations along the course to help direct athletes and ensure they stay on track during the race. If you're interested in helping out during meets, please sign up on THPRD's one day event page.



Meet Days

THPRD Cross Country meets will be held on Tuesdays and Thursdays at various BSD and THPRD facilities.

Races will begin with the girls' division, followed by the boys. Results will be posted the following day on Athletic.net. The season will include three regular season meets, followed by a District Meet.

All athletes should participate in the District Meet, no qualification is required.

The District Meet is scheduled for Saturday, November 1st. The exact dates and times for the regular meets will be shared during the first week of practice.

Meet Day Schedule

On meet dates, coaches will be with athletes from regular practice time through the end of the meet for parent pick-up, with supervision throughout.

The meet schedule is as follows:

5:35 PM – 6th, 7th, and 8th-grade girls, 3,000 meters

5:50 PM – 6th, 7th, and 8th-grade boys, 3,000 meters

The District Meet on Saturday, November 1st will follow a different schedule: check-in at 9:00 AM and race start at 9:30 AM (tentative).

Transportation

THPRD provides one-way bus transportation to all regular season meets (*note: no transportation is provided to the District Meet*).

On meet days, students will check in with coaches at their middle school campus at the normal practice time. After warming up and taking roll, they will ride the bus together to the meet venue.

There is no return transportation to the middle school after the meet. Adults are **REQUIRED** to prearrange transportation home from the meet. Athletes must check out with a coach before leaving the venue.



2023 District Meet



Girls Start | 11.2.2024

Results

Each school has its own page on Athletic.net, but the most efficient way to access meet results is through the THPRD homepage on Athletic.net.

All meet results are listed there, just be sure to select the correct meet and year. Results are typically posted within 24 hours. While we strive for accuracy, occasional human error or equipment issues may occur.

In rare cases where timing equipment malfunctions or is unavailable, individual times may be inaccurate or not posted.

Finish order is determined by judges at the finish line, and their decisions are final unless a correction is made at the discretion of the meet director.

Disqualification

This is a recreational, education-focused program designed to introduce young athletes to the sport in a supportive and inclusive environment. While more flexible than competitive leagues, we still expect good sportsmanship, effort, and respect for the sport, coaches, and fellow participants. To maintain a positive experience for all, disqualification or removal from a meet may be necessary in cases of unsafe or disruptive behavior.

Disqualifications may occur for:

- A competitor who interferes with another competitor.
- A competitor who is unsporting or uses unacceptable conduct.
- A competitor receives any assistance from any other person.
- A competitor who fails to complete the prescribed course.

Awards & Athlete Recognition

We believe in celebrating effort, improvement, and a strong team mindset. THPRD provides 1st through 5th place ribbons by grade level for each event at our regular season meets.

In addition, athletes who set a personal record (PR) (meaning they improved their time from a previous race) will receive a PR magnet.

This helps promote a healthy mindset of competing against yourself and focusing on individual growth rather than comparison with others.



Dress Code

Athletes should wear comfortable athletic clothing appropriate for the weather. Platform shoes, jeans, and casual dresswear are not recommended. Team shirts will be provided and should be worn on meet days. We follow the same dress expectations as a middle school PE class, no specialized equipment is required.

Questions?

If you have any questions, feel free to reach out. We want every family to feel informed and supported this season.

Questions? We're here to help:

Cohner Davis, Program Assistant
c.davis@thprd.org

Cedar Hills Recreation Center
(503) 629-6340



Other Youth Programs

Spring Middle School Track & Field

Track practices take place at local middle school campuses, with meets held at nearby high schools against other middle school teams.

Athletes can compete in sprints, distance, relays, high jump, long jump, shot put, discus, and javelin.



High Jumping at Districts

Winter Track & Field Pre-Season Training

This fun preseason event brings together kids from across the district for a head start on the track season.

Designed for both new and returning athletes, the clinic features focused training in throws, relays, high jump, sprints, and distance, all in a high-energy, supportive environment.



Javelin Practice 2025

Spring Elementary Track

A fun, play-based intro to track for grades 3–5, featuring age-appropriate equipment, group games, and skill-building activities.

The season ends with a field day-style meet.

STAY CONNECTED



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