



Oneida Nation Middle School

Cross Country 2025



Hello Athletes & Families!

Welcome to the Middle School Cross Country 2025 season.

Practice starts on **Monday August 11th**.

We are very excited to start this cross country season! I, Madisen Powless, the Middle School Social Studies teacher will be supporting athletes on their cross country journey this year.

As we begin this season, I want to remind everyone that success is not only measured in race times or distances, but also in our commitment to each other and to the values that make this team great. To ensure that our growth continues in the right direction, I've outlined four key commitment rules for all athletes to follow this year:

1. Academics:

Your success starts with a commitment to your academic success and ability to demonstrate responsibility in your learning. Students must attend classes, engage in lessons, and complete assigned coursework.

2. Consistency and Commitment to Practice:

Showing up prepared and willing to give 100% of your effort during practice. Whether it's rain or shine, your effort during practice determines how you perform at meets. I expect all athletes to be present for practices and come with a positive attitude.

3. Respect for Coaches, Teammates, and Yourself:

Respect is the foundation of our team. Respect for the coaching staff, teammates, and the training process is essential. I ask that athletes come with a positive attitude, be open to feedback, and encourage their fellow teammates to grow alongside them.

4. Prioritize Teamwork and Sportsmanship:

Cross Country is sometimes an individual sport, but we're a team that thrives on mutual support. I ask each athlete to remember that your success contributes to the team's overall growth. Demonstrating good sportsmanship and a team-first mentality is critical for support.

Growth isn't just about numbers or victories—it's about showing up, learning, and pushing each other to be the best we can be. I am thrilled to see how far we can get as a Cross Country team this year!

Cross Country Commitment

Please sign and return/email to Coach Madisen Powless or the main office by August 11th!

Email: mpowle11@oneidaschools.net

Athlete Commitment

By signing below, I acknowledge that I have read and understood the expectations for being a member of the Oneida Nation Cross Country Team. I am committed to following all team rules, attending all practices and games, and giving my best effort.. I understand that failure to meet these expectations could result in consequences, including removal from the team.

Athlete Name: _____

Athlete Signature: _____

Date: _____

Parent/Guardian Commitment

As a parent/guardian, I acknowledge that my child is committing to the Oneida Nation Cross Country Team and agree to support the team's goals and expectations. I understand the attendance policy and will help ensure that my child meets their commitments to the team. I will have a plan or pick up for my child at the end of practice.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Who is picking up after practice/meets:

Email for Cross Country updates:

Oneida Nation Middle School Student Athlete Emergency Contact Form 2025

Please sign and return to Coach Madisen

Student Information:

Student Name: _____

Year in School (Circle One): 5 6 7 8

Address: _____ City: _____ Zip: _____

Phone Number: _____

Emergency Contact Information: Please provide information for primary and alternative contact persons who may be notified in case of an emergency.

Name of Primary Contact: _____ Relation: _____

Address: _____ City: _____ Zip: _____

Phone Number: _____

Name of Second Contact: _____ Relation: _____

Address: _____ City: _____ Zip: _____

Phone Number: _____

Student-Athlete Conditions/Issues: Please list any medical issues the student may have, i.e asthma, allergies

Cross Country Tentative Schedule 2025

		Monday		Tuesday		Wednesday		Thursday		Friday
August	11	Practice 3:00 - 4:00p	12	Practice 3:00 - 4:00p	13	OFF	14	Practice 3:00 - 4:00p	15	Practice 3:00 - 4:00p
August	18	Practice 3:00 - 4:00p	19	Practice 3:00 - 4:00p	20	Practice 3:00 - 4:00p	21	OFF	22	Practice 3:00 - 4:00p
August	25	OFF	26	Practice 3:15 - 4:15p	27	Practice 3:15 - 4:15p	28	Practice 3:15 - 4:15p	29	OFF
September	1	OFF	2	T-Bird Invitational	3	Practice 3:15 - 4:15p	4	Practice 3:15 - 4:15p	5	OFF
September	8	Practice 3:15 - 4:15p	9	Practice 3:15 - 4:15p	10	Practice 3:15 - 4:15p	11	Practice 3:15 - 4:15p	12	OFF
September	15	Practice 3:15 - 4:15p	16	Bonduel Invite	17	Practice 3:15 - 4:15p	18	Last Day 3:15 - 4:00p	19	

Practice Needs:

1. Running shoes
2. Water bottle
3. Dress for the weather

Meet Information:

T-Bird Invitational: Bus leaves at 2:00pm. The address is Iola Winter Sports Complex, E398 Country Road MM, Iola, WI 54945.

Bonduel Invite: Bus leaves at 2:15pm. The address is Bonduel High School, 400 West Green Bay St., Bonduel, WI 54107.

Schedule may change