

Cross Country Running Club - 2016

6th, 7th, 8th Grade



It is time to get back into shape! Cross Country Running Club is an opportunity for students to run with the cross country team on select days and is open to ALL grade levels. Running Club athletes will meet in the back hall by the field house, dressed and ready to go at 3:10 after school.

Running Club athletes do not need to attend every scheduled run. Attend as many or as few runs you your schedule permits. Please see the running days listed below. Practice ends at 4:30...Please have a ride available to pick you up by 4:40. We will be running outside in the neighborhood and woods, so please, dress accordingly. The first run will be Tuesday, September 12th

(We will monitor the weather and may cancel, but plan on running anytime ☺)
Coach Kelsey

2017 Running Dates

| TUESDAY | WEDNESDAY | THURSDAY |
|---------|-----------|----------|
| 9/12 | 9/13 | X |
| 9/19 | X | 9/21 |
| X | 9/27 | 9/28 |
| 10/3 | 10/4 | X |
| X | 10/11 | 10/12 |

(please return the bottom portion)

My student, _____, has my permission to participate in cross country running club. He/She will have a ride available to pick them up from Hill by 4:40 PM. If athletes do not have a ride available to pick them up, please do not attend running club that day.

Parent / Guardian Signature _____ Date _____

Parent Email

Home Phone

Cell Phone

Welcome to Running Club

- Please make sure you are dressed appropriately for the weather. We will be running outdoors, and will only cancel due to rain or extreme temperatures.
- If you are not dressed appropriately, you will not be allowed to run with the club.
- Please see the running calendar for club dates
- Layering your clothing is key to staying warm and at least should include the following items:
 - Hat & Gloves
 - Synthetic material long sleeve base layer
 - Insulating cotton shirt insulating layer
 - Fleece or sweatshirt insulating layer
 - Wind/water resistant outer layer
 - Insulated running pants
 - Running shoes
- Please be dressed and ready to run by 3:10 PM
- Please make sure you are able to be picked up by 4:40.

IF YOU ARE NOT ABLE TO BE PICKED UP BY THE LISTED TIMES, PLEASE DO NOT ATTEND RUNNING CLUB THAT DAY.

Coach Kelsey