

# 2018 Cross Country



Hello Parents!

Welcome to another year at Aug Prep, we are happy to be back and ready for another cross country season.

Cross Country is a great sport for students to be in to make new friends, and get a fantastic workout. We will be working with our runners to help achieve their goals both on the course, and in their classes.

Practice and Meet schedules will be handed out in the first two weeks of practice and will include locations of the meets. On the weeks' we have meets I will notify everyone the times for the meet on the Monday before. Practice for high school will be Monday-Friday, with M-Thursday practice starting at 4:30-6 after our teams studyhall. Please arrive by 5:45 to pick up your child. Friday practice will be from 3:50 to 5:20 because there will not be a study hall on Fridays please arrive by 5:10 to pick up your child. Middle school athletes will only practice Monday-Thursday Until 5:45, please arrive by 5:30

We have the expectation that students will be at practice, if your child misses 3 practices we will have a sit down to discuss their commitment to the team and if they will continue to be apart of it.

Please sign below and return the bottom half to Mr. McConnell

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Student Name \_\_\_\_\_

Parent Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Physical- Y/N      GRADE \_\_\_\_\_