

Dear Parents:

Welcome to the Knight's Cross Country Family!! We are looking forward to another amazing season of running fun!

**Here are a few things that you need to know:**

-Our practice schedule will be Monday, Tuesday and Thursday from 3:30 until 4:30. Please ensure that your child has a physical on file prior to the first practice. A copy of this form can be found on the SJS website.

-Practices will end no later than 4:30. Please note that any student not picked up on time will be sent to EDP and parents will be charged accordingly.

-The athletic fee will be collected through FACTS prior to the first meet.

-If the weather is inclement, we will plan an indoor workout.

-Our practices will be a combination of long distance running, speed work and strength and stretching drills. Most of the time we will remain on-campus but once a week we will go off campus and run along Epps Bridge Parkway to Timothy (all sidewalks) and then loop back for a 3 mile run. If you would like your child to participate, please make sure to fill out the permission form.

-We are in need of several parent volunteers who would like to run with us, particularly on the days we go off campus. Please let us know if you would be interested.

-We will have uniform fittings the first week of practice.

We look forward to continuing the wonderful progress the St. Joseph Cross Country team has made over the years and appreciate all of your help and support throughout the season. Please don't hesitate to contact us with any questions or concerns.

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