

## CROSS COUNTRY GUIDELINES AND INFORMATION

Dear Parents:

Welcome to the Knights's Cross Country Family! We're looking forward to a great season of running fun!

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

- Our practice schedule will be Mondays, Tuesday, and Thursday (starting Monday, August 24) from 3:30 to 4:30. Please ensure your child has a physical on file prior to the first practice.
- Practices will end no later than 4:30. Please note that any child not picked up on time will be sent to EDP.
- The athletic fee will be collected through FACTS prior to the first meet. The fee is \$100. You will be notified prior to billing.
- If the weather is inclement, we will either cancel practice or have an indoor workout.
- Our practices will be a combination of long distance running, speed work, and hills. We will include strengthening and stretching drills. Most of the time we will remain on campus and running on the track, pavement, and trails. As the runners increase their running distance, we will go off campus and run along Epps Bridge Parkway to Timothy Road (all sidewalks) and then loop back for a 3 mile run.
- You will be sent the meet schedule as soon as it is finalized
- If you're interested in being a team parent, please email me at the email address below.
- The team is open to all 5th-8th grade students

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 me with any questions or concerns.

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