



CROSS COUNTRY GUIDELINES AND INFORMATION

Dear Parents:

Welcome to the Knight's Cross Country Family! We are looking forward to an amazing season of running fun under the guidance of our new coach, Coach Troyce Grant!

Here are a few things that you need to know:

- Our practice schedule will be Monday, Tuesday and Thursday, beginning 8/23, from 3:30 to 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. Please make certain to return this form to **Coach MK** as soon as possible. Physicals can be completed at the "Little Clinic" at the Kroger in Hull in the event you cannot get a timely appointment with your child's doctor.
- ***There will be a parent meeting immediately following the first practice on 8/23.***
- 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. The fee is \$115. You will be notified prior to billing.
- If the weather is inclement, we will cancel practice or possibly plan an indoor workout. Our Athletic Director, Chris Moore, makes the call on cancelling practices and meets. She will communicate changes to parents by 1:00 PM of the day of the cancellation.
- 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 the trails. As the runners increase their running distance, we may go off campus and run along Epps Bridge Parkway to Timothy (all sidewalks) and then loop back for a 3 mile run. A permission slip is attached and will need to be returned to Coach Grant. ***Please also fill out the carpool form if you think your runner may need a ride to a meet. Return to Coach MK.***
- All runners are expected to come to every practice fully dressed in running gear and with proper hydration. **It is the responsibility of the runner to email Coach Grant if he/she will not be able to attend practice. Multiple missed practices may result in missed meets.**
- Student grades will be evaluated throughout the season. Please review details regarding academics in the SJS handbook.
- If you are interested in being a team mom or dad, please contact Chris Moore at the address below. **WE WOULD REALLY APPRECIATE HELP!**

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.

Thank you,

Your SJS Athletic Department

Troyce Grant
Head Coach

Chris Moore
SJS Athletic Director