

# CROSS COUNTRY

ANOTHER SEASON OF CROSS COUNTRY IS ABOUT TO BEGIN. WE ARE LOOKING FOR GIRLS AND BOYS IN GRADES **5 - 8** TO RUN ON THE SJA CROSS COUNTRY TEAM.

Practices will be Mon. and Wed. from 3:00 to 4:00. We will have a brief but informative meeting on the day of the first practice, Monday, August 31<sup>st</sup>, directly after school, held in the SJA gymnasium. There will be approximately 4 meets on Thursday or Friday afternoon's beginning at 4:00 p.m.. Dates and locations to be announced.

- The course is 2 miles.
- First practice will be Monday, August 31<sup>st</sup>. Please remind your child to wear clothes conducive to running, especially with the weather changing. Shorts are fine for now, because it is still warm, but they may want to bring sweats/jacket when it starts to get cooler. Also wear running shoes and bring water bottles or sports drinks, and a beach towel or mat for warm ups or stretching.
- St. John will host the first meet of the season, Friday, September 18<sup>th</sup>. In order for a meet to run smoothly we are requesting a volunteer commitment from each child's parent to help at the meet.
- Please enclose a \$10 athletic fee.

**\*In order for your child to participate at the first practice the attached permission slip **MUST** be turned in to the front office by August 31<sup>st</sup>.**

[Looking forward a great year!](#)  
[Coach Avery and Coach McMullan](#)  
scbavery@aol.com or mcmullan5@cox.net

## Permission Slip

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Child's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Payment enclosed (circle one): cash   check   F/A

(Make checks payable to SJA)