

Dear Cross Country Parents,

September 4, 2018

We will have our first meet this Friday at Buchanan High School, which is located on Teague between Minnewawa and Peach. We will race on the field area to the south of the school buildings. Have your child eat a healthy dinner and drink plenty of water Thursday. Friday they will wear their uniforms to school and bring a labeled bottle of water for the meet. They should avoid sugary, salty foods, and they should be sipping water throughout the morning. We will ride the bus from Dry Creek to Buchanan at 1:45. The 5/6 girls will race at 3:15 and the rest of the races will follow in this order: 5/6 boys, 4 girls, 4 boys. There are no exact start times for those races. A race will begin as the previous race ends (**approximately** every 10 - 15 minutes). Please come cheer! We expect to be finished by 4:15. Athletes may then ride the bus back to Dry Creek **or be signed out by a parent.** (Your child may also be signed out by the other adults you listed on the Release of Student form.) Students may bring money for snack bar and/or Alta Sierra running apparel. This is a fundraiser for Alta Sierra's cross country program.

After Buchanan Area, we will have one practice meet at Garfield, and then our league meets begin on September 21st. Every week we would love to have as many parents and grandparents as is possible come to cheer us on!! **Please be aware that the** "Varsity Games start at 3:00 p.m." statement **does not apply to cross country!** For all meets, our race order should be as follows; 5th/6th girls, 5th/6th boys, 4th girls, 4th boys. **However, race times can vary greatly from week to week.** Bus arrival times, number of runners, variations in time necessary to walk the course, amount of parent help, etc. do affect how quickly races are run. To be safe, you should plan as though 2:30 will be the start of the first race. Bring a book as you probably will have to wait a bit, but at least you won't miss anything!

Our policy is that your child **stay** at our meets until **all four races** have been run. Our Panther runners have the responsibility to stay and encourage each other, and not take off to start an early weekend. If you (the parent) are not able to stay until the end of the meet, your athlete will ride the bus back to Dry Creek with the rest of the team. Please remember to have your child bring a labeled water bottle to all practices and meets, and to drink plenty of water the evening before a race.

An otter pop or similar frozen treat will be given to our runners at the end of each Thursday practice. We will also pass these out to runners of both teams as they finish their races at each of our three home meets. At the Buchanan Area meet we will have a sign-up sheet for those who are able to donate frozen treats. (Otter pops work well.) It is most helpful if you can come with your treats on the day of the event and help pass them out, but we can still make it work if you are not able to be here.

We will also be in need of parent help at each of our HOME meets. It takes about 6 parents to help us in the chute – passing out place ribbons, keeping everyone in order after they cross the finish line, taking stickers, handing out otter pops, scoring, recording times, etc. We are in great need of some new helpers! If you can help us please see a coach!

Just a reminder, runners must attend practices during the week to attend a Friday meet, unless it is an excused absence (tutoring, cheer, doctor appointment, etc.). These absences should be cleared with a coach ahead of time – send a note or e-mail. Students must be at school on Friday in order to race on Friday.

We have an awesome team! It is exciting to be working with so many great kids! Parents, with your help and support we look forward to a wonderful cross country season!

Thank you for your support of our program!

Coaches Anders, Merrill, & Green