

August 2018

Cross-Country Parents & Runners!

On your mark, Get set, Go! The 2018 Cross-Country season is ready to begin! We are pleased to have so many enthusiastic Panthers interested in joining us for what promises to be a great season! The following newsletter is intended to answer any questions you may have, but you are welcome to speak to a coach after practice if you need more information. Our schedule of meets is on the back of this letter - **please save for referencing during the season.**

Cross-country participation is open to all 4th, 5th and 6th graders who have good behavior, completed classwork, and passing grades in all subject areas. Participation in cross-country will earn your runner a Block DC point. Your child must have the proper forms completed before they may join us after school. Go to the Dry Creek website to access our online permission form and fill it out completely.

There is no charge for cross-country; a uniform will be issued to your child. This uniform must be returned at the end of the season. You will be responsible for the cost of replacing a lost or damaged uniform. Your child will need to change into appropriate running clothes for practice each day (no long pants/skirts, sandals). A shoe with arch support is also encouraged. All athletes who have attended that week's practices (no UNEXCUSED absences); have fulfilled their classroom responsibilities; and who attend school the day of the meet will run in that week's meet. Please email or send a note for excused absences such as illness, tutoring, doctor's appointments, etc.

Cross-country practice will begin on Monday, August 27th. Your student will change after school, stow their backpacks in front of the snackbar, and meet near the baseball diamonds. We will be practicing from 3:20-4:20, Monday, Tuesday, and Thursday, and our meets will take place on Fridays. Students must be picked up promptly after practice or take the rec bus home. There are no practices on Wednesday due to the Early Release schedule. Our last league meet will take place on October 19th; however, those athletes who qualify for the District Championship race will finish up on Thursday, October 25th.

Please make sure your athlete brings a labeled bottle of water to school each day. Cross-country is a physically demanding sport, and the weather this time of year is often miserably hot. Therefore, it is important that all athletes be drinking plenty of water throughout the day and into the evening in order to keep well hydrated. We will ensure that the runners have water breaks during practice, and ask that you encourage your child to continue to drink plenty of fluids at home. Please have your athlete save any sports drinks for post-workout consumption at home.

We are looking forward to another great season!

Coaches Anders, Merrill, & Green

Text @dcathletic to 81010 for information and alerts regarding Dry Creek sports.