

# Cross Country

## 3<sup>rd</sup> – 8<sup>th</sup> Grade Students

I'd like to welcome everyone to the 2011 Lake Castle Cross Country Team. My name is Toby Tournillon, and I'll be one of the coaches for the 2011 Cross Country season.

Here is a quick rundown of what cross country is all about:

- ✚ The season runs from the first week of school until mid-October.
- ✚ 3rd - 6th graders run 1 mile.
- ✚ 7th & 8th graders run 2 miles.
- ✚ Meets are held after school at St Thomas Aquinas in Hammond or at Christ Episcopal School in Madisonville.
- ✚ Meet format:
  - 3rd/4th grade girls followed by 3<sup>rd</sup>/4<sup>th</sup> boys.
  - 5th/6th grade girls followed by 5<sup>th</sup>/6<sup>th</sup> boys.
  - 7<sup>th</sup>/8<sup>th</sup> grade girls followed by 7<sup>th</sup>/8<sup>th</sup> boys.
  - We organize a massive carpool to transport the students to and from the meets.
- ✚ Practices:
  - Begin Thursday, August 18.
  - Mondays, Wednesdays, & Thursdays after school until 4:15 P.M. (Parents must be prompt in picking up their children. Students will be escorted to ASC at 4:15 P.M. if their parents are not on site. ASC charges will be incurred from 4:15 P.M.)
  - Mandatory attire: gym shorts and running shoes (no school shoes!)
  - Bring your own water bottle.
  - Running watch preferred, but not necessary.

Deadline to join the team is **Monday, August 22**. The team fee is \$25 (make checks payable to Lake Castle). Please fill out the following form and send it to **Mrs. Harvey** prior to the deadline.

This is a very large cross country team with a vast array of ages and skill levels. A successful season requires a great amount of organization and parent participation. It is crucial that we are all on the same page. Therefore, I am requiring **one** parent (for each child/family) to attend one (1) of the three (3) meetings held after practice on the following dates: 8/18/11, 8/22/11, 8/24/11. If you are unable to attend, please email me so we can set up another time.

I'm looking forward to another great season. Please contact me with any questions or concerns.

Sincerely,

Toby Tournillon  
runtoby@gmail.com

>>LCCC 2011→  
(Return to Mrs. Harvey)

Student's Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Parents' names: \_\_\_\_\_  
\_\_\_\_\_

1<sup>st</sup> contact phone #: \_\_\_\_\_

2<sup>nd</sup> contact phone #: \_\_\_\_\_

Email addresses\*\*: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\*All communication will be done via email.\*\*

A parent will attend the following mandatory meeting:

\_\_\_\_\_Thursday, 8/18/11    \_\_\_\_\_Monday, 8/22/11    \_\_\_\_\_Wednesday, 8/24/11