

Cross Country 2022

Who can participate: Grades 3rd – 8th

Season: The season runs from August through October.

Meets: Typically, we participate in 4-5 meets per season.

The meet schedule will not be finalized until the end of August.

Grades 3rd - 6th run 1 mile.

Grades 7th & 8th run 2 miles.

Parents are responsible for providing their own transportation to the meets.

Practices:

After school on Mondays and Wednesdays until 4:15 P.M.

Our first practice will be **Monday, August 29.**

Mandatory attire: gym/running shorts and running shoes (**no school shoes** – students will **not** be allowed to run if they forget their running shoes). Bring water to practice.

Coaches: Jessica Danos

Communication

Communication to the team will be done **via email.**

REGISTRATION FOR LCCC

\$50.00 – Check payable to Lake Castle Madisonville

DUE BY THE FIRST WEEK OF AUGUST

Student's name _____ Homeroom _____

Date of Birth: _____ Current Age: _____ Male or Female _____

Parent's names: _____

1st contact phone # _____ Contact's name _____

2nd contact phone # _____ Contact's name _____

Email address you would like to receive information: _____

**** Communication will be done via email.**

In an **emergency** call: _____ # _____

After practice student will be dismissed to:

_____ ASC _____ parent / guardian

Jersey Size (circle one): YS YM YL YXL AS AM AL