

Lake Castle Cross Country

Who can participate: Grades 3rd – 8th

Season: The season runs from the end of August to November.

Meets: Meets will begin in September.

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

Grades 3rd - 6th: 1-mile run | Grades 7th & 8th: 2-mile run

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

Practices:

TBD. Typically, practices are held after school on Mondays and Wednesdays until 4:30 P.M.

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.

Uniform: A singlet will be provided and must be returned at the end of the season.

Coach: TBD

Communication

Communication to the team will be done via email and/or TeamSnap.

Questions

Please contact Matt Donahue, Athletic Director (matt.b.donahue@gmail.com).

LCCC Registration Form

\$50.00 – Check payable to Lake Castle Madisonville

Registration and Fees due by Friday, August 1, 2025.

Student's name _____ Homeroom _____

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

Parents' names: _____

1st contact phone # _____ Contact's name _____

2nd contact phone # _____ Contact's name _____

Email address you would like to receive information: _____

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

After practice student will be dismissed to:

_____ ASC _____ parent / guardian

Note: Students are to be picked up promptly at the conclusion of the activity, or they will be sent to ASC, and charges will be incurred.

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