

Dear Parents,

Your child has expressed an interest in running cross country at Green Park this year. All participants are encouraged to commit to participating in all of the practices and meets. The practices are scheduled to teach the runners about stretching, warming up, cooling down, and to acquaint them with the distances they will be running in the meets. **Information about upcoming meets is also discussed or handed out during practices.** Meet information is usually sent to the participating schools only a week or two prior to each meet. I will get more information regarding these meets to you as soon as I receive it. Please ask your child for any updates after every practice. **If your child misses a practice, have them check with me regarding any updates that may have been handed out.**

Sun	M	T	W	Th	F	Sat
<b>Aug</b>	21	22 Practice	23	24 Practice	25	26 <b>MetEast</b> gr5-8
27	28	29 Practice	30	31 <b>LHSSC</b>		
<b>Sept</b>					1	2
3	4 Labor Day	5 Practice	6	7 Practice	8	9
10	11	12 Practice	13	14 Practice	15 No school	16 <b>LHSS</b>
17	18	19 Practice	20 <b>LHSN</b>	21 Practice	22	23
24	25	26	27 <b>Mess</b> gr5-8 <b>SPDP</b> grK-4	28 Practice	29	30
<b>Oct</b>						
1	2 <b>St. John, El</b> gr1-8	3	4	5 Practice	6 Half-day	7 <b>SLALCity</b>
8	9 <b>ColumbusDy</b>	10 Practice	11	12 Practice	13	14 <b>LSAM</b>

### General Information

- All Green Park students in grades K-8 may participate.
- **All participants must have a Green Park athletic physical exam/permission form on file.** (available in the school office)
- All practices will be held at Green Park, after school, ending at approximately 4:15pm. (Meet in my classroom after school)
- Participants are to wear comfortable clothes and shoes appropriate for running and weather conditions
- **After practice all students should be picked up at the back (1<sup>st</sup> grade) entrance, or go to after school care.**
- Parents are responsible for all transportation to and from meets.
- More detailed information regarding each meet will be e-mailed as I get it from the hosting coaches/schools.

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