

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. We have eight meets on the schedule at this time. 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
Aug 14	15	16 Practice	17	18 Practice	19	20
21	22	23 Practice	24	25 Practice	26	27
28	29	30 Practice	31			
Sept				1 LHS-SC	2	3
4	5 Labor Day	6 Practice	7	8 LHSN 1	9	10
11	12	13 Practice	14	15 Practice	16	17 LHSS
18	19	20 Practice	21	22 LHSN 2	23	24
25	26	27	28 Messiah	29 Practice	30	
Oct						1 City
2	3 St. John, El	4	5	6 Practice	7 Half-day	8 State

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 (1st 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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