

WHAT ABOUT DIS CROSS COUNTRY?

2018 will be our seventh year to participate in the elementary cross country league. We look forward to another great season.

Here's a little information about the cross country team:

- *Any student, third through fifth grade is eligible to be part of the team.
- *Our coaches are Mr. Bart, Ms. Zedna, Ms. Singleton and Mr. Jonathan.
- *We practice on Tuesdays and Thursdays from 3:00 until 4:15. Students who come to practice MUST have a ride home at 4:15. Students who are not picked up by 4:30 will be asked to use the morning option (below).
- *Students who cannot stay after school can satisfy practice requirements by jogging during Morning Milers, 7:00-7:40, at school.
- *Competition distance is ONE MILE.
- *We have six meets scheduled this season, two at home and four away – places like Jackson, Troy, Martin, Dresden, and CCA.
- *Not EVERYONE gets to ride the bus to away meets. We give preference to fifth graders and to those students who attend practice consistently. We'll do our best to get MOST students to at least one away meet.
- *Parents may take their child to any away meet in their personal vehicle and may choose to arrange to carpool with other parents.
- *STUDENTS WHO HAVE BEEN IN ISS THE WEEK BEFORE A MEET OR THE WEEK OF A MEET ARE NOT ELIGIBLE TO RUN that meet.
- *Our first after school practice is Tuesday, August 7.
- *Runners should wear comfortable shoes and clothing to practice.
- *Water will be provided.
- *You may fill out the registration form at the right today or you may take it with you and return it to school with your child next week.
- *We will order t-shirts in the near future, however students DO NOT have to purchase a shirt to participate on the team.
- *If you have more questions, call Mr. Bart or Ms. Zedna at 286-3620.