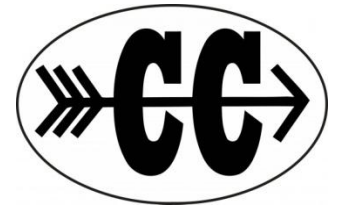


# CROSS COUNTRY RUNNING



## Preparation

- Always dress in layers.
- Bring a water bottle to meets and practice.
- Required meet attire: running shoes, athletic shorts/pants and red jersey. When weather turns cold the under layers should be white, black or red. I recommend buying this at beginning of season.
- Have a cross country bag that is ready the night before practice or meet. Always put the following extra items in the bag: long sleeve athletic shirt, hat/headband and thin gloves.

## Practice

- Mondays and Thursdays from 3:35-5:00PM at Yinghua
- Pick up your child from practice at 5PM. Please check out with one of the coaches.

## Team Expectations

- Be on time for practice. Practice starts promptly at 3:45.
- Be ready for practice with proper shoes, clothes and water bottle (full).
- Listen to your coaches.
- Respect and encourage others.
- Do your best, don't sweat the rest!
- Have FUN!

## Meet Expectations

- No climbing trees and other things. No playground.
- Stay off course.
- Respect opponents, coaches, teammates, parents...
- Clean up after meet.



## Aftercare

- Your child will be sent to after care if you cannot pick up after practice. All runners who have not been picked up will be sent to aftercare at 5:10. You will be charged \$10.

## Meets/competitions

- Grades 4-6 run 1.5 km
- Grades 7-8 run 3km
- Meets: Fridays **4:15PM**. Check in at 3:45. Walk through at 4:00PM.

## Transportation to meets

- Your child will be bused/carpool from school to the meet. **You are responsible for picking up your child after the meet.**

**Coaches:** Chris Pikus and Helena Pikus-Li