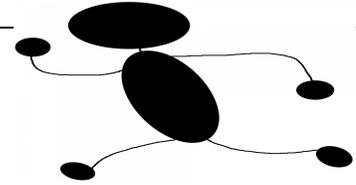


2019-2020



Hello Families!

Cross Country Running will begin the first week of September, it is offered for 6th-8th graders. Practices are every Monday, Tuesday, and Thursday from 4:15-5:30 at North Star. Students must have a ride home from practice everyday and picked up no later than 5:45. We hope to have three to four meets this year with the season ending mid- October.

Please remember that we will be outside as much as the weather allows, so be sure that you are always prepared with the appropriate clothing. Cross Country is an exciting, demanding sport. We run outside on natural terrain. Races are typically one mile. There is a participation fee of \$60 per athlete. Students with reduced lunch have a fee of \$25, and students receiving free lunches do not have a fee.

This is an extracurricular activity. Grades and homework need to be maintained in order to participate in the meets. Also, good behavior is expected from all team members. If anyone does not follow the rules or expectations given, they will be suspended from practice and meets.

Each runner will need a sports physical to participate. Summer is great opportunity to get that done, the form can be found online at www.duluthedison.org under the Extra Curricular tab and JA Sports. We will holding a Cross Country meeting this fall during long Homebase in the cafeteria. There you can pick up the Parent Permission Slip, Athletic Waiver Form/physical form and Free & Reduced Waiver form. Please turn forms into JA office A309 to Ms. Tammy.

Your coaches are:

Christy Sershon, Christy.sershon@duluthedison.com

Rick Walsh, Richard.Walsh@duluthedison.com

You must have a completed permission slip and a physical on file with the school nurse before you can begin practice.

Registration form:

https://docs.google.com/document/d/1neGb6PkrmYsDPVkBqhmWr22p7Iwtq4aPGmE8YGR_tPw/edit?usp=sharing

Physical Form:

<https://drive.google.com/file/d/169NuCscCR>