

Hip! Hip! Hooray!! Cross Country is here! Bekah Preston-Dunn is HCC's X Country Coach! The season runs September 6th- October 13th. This program will consist of 60-minute training sessions held after school,3:50pm-4:50pm on Monday and Wednesday afternoons. 2nd-8th graders can participate in the program. Training sessions include stretching, running relays and other active games. This is a fun program with fitness and individual improvement encouraged. There will be a \$30 participation fee, which includes an HCC Cross Country Club t-shirt (Scholarships are available for the participation fee if this is a hardship and we offer a \$10 sibling discount). If you would like to sponsor an athlete with an additional \$20 payment, we would appreciate your generosity!

**Family members are welcome to join in practices, help is ALWAYS appreciated! No experience is necessary! You can also stop in the front office to sign-up!**

Meet Dates:

HCC Meet                                      Date: **Friday, September 22nd, 4pm at HCC**  
HCC Meet                                      Date: **Friday, September 29th, 4pm at HCC**  
HCC Meet                                      Date: **Friday, October 6th, 4pm at HCC**  
HCC FUN RUN!                                      Date: **Friday, October 13th, 3pm at HCC**

**ADDITIONAL MEET DATES ARE A POSSIBILITY AS WE ARE TRYING TO SCHEDULE MEETS WITH OTHER SCHOOLS! STAY TUNED FOR THIS INFO!**

Please fill out and return the permission slip before the first day of practice!!!  
Thanks,  
Coach Bekah

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**CROSS COUNTRY PERMISSION SLIP.....PLEASE PRINT, CUT AND RETURN**

PRINT--Student's Name	Girl/Boy	Grade	Teacher's Name
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Has my permission to participate in the HCC Cross Country Running Program. I am responsible for insurance coverage for my child. The school will not be responsible for any injuries.

Parent/Guardian Signature	Date	Phone Number
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**CROSS COUNTRY SAFETY GUIDELINES**

- ☐ Check in and out with your coach daily.
- ☐ Stretch to warm up and to cool down.
- ☐ Take part in the activities indicated by the coach.
- ☐ Do not throw objects.
- ☐ Report to your coach after running each lap.
- ☐ Respect your coach and listen when they are speaking.
- ☐ Any runner who displays UNSPORTSMANLIKE conduct toward others will result in a conference with the coaches and parents and loss of privileges.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_