Welcome! Welcome!! Cross Country is here! Peter Sherman is HCC's X Country Coach! The season runs September 5th- October 18th. This program will consist of 60-minute training sessions held after school, 4:10 pm-5:10 pm on Tuesday and Thursday 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 20th, 4pm at HCC**
HCC Middle School Meet	Date: **Thursday, September 26th (more details to come)**
HCC Elementary Meet	Date: **Friday, September 27th, 4pm at HCC**
HCC Meet	Date: **Friday, October 4th, 4pm at HCC**
HCC Meet	Date: **Friday, October 11th, 4pm at HCC**
HCC FUN RUN!	Date: **Friday, October 18th, 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 Sherman

==========

CROSS COUNTRY PERMISSION SLIP PLEASE PRINT, CUT AND RETURN

PRINT--Student's Name	**Girl/Boy**	**Grade**	**Teacher's Name**

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

CROSS COUNTRY SAFETY GUIDELINES

- D Check in and out with your coach daily.
- D Stretch to warm up and to cool down.
- D Take part in the activities indicated by the coach.
- D Do not throw objects.
- D Report to your coach after running each lap.
- D Respect your coach and listen when they are speaking.
- D 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 _____