

Hola familia,

I hope you are having a great day!

I am the cross country coach and I am looking for young athletes to come and join my team. Everyone makes the team and the more we have the better. This sport is great conditioning for other sports, such as soccer, track and field, basketball, baseball, football, volleyball, etc.

Important: The child must have a sports physical and consent form turned into the office before they can show up to the first practice. The first competition will be on September 9th. It is not too late, because we have competitions until mid-October. I would love to have a full team by then since we will be competing against all the middle schools in Polk County. Last year, we won the Girls' District Championship. How cool would it be to win it again?

There will be a fee of about \$20 or less per child depending on how many athletes participate in Cross Country. This fee is used to cover the registration fee for the cross country meets. The registration ranges from \$100-\$150 per event per team.

The entrance per car ranges from \$5-\$10, but some are free. We practice every Mon, Tues, Wed, and Thurs. The students don't have to make it to every practice, but students should attend at least once per week. Of course, the more the students attend practice, the better their physical stamina. After school the students report to my class (Mrs. Shoffner). They need to be picked up by 4pm behind the Gym by the PE field. I open the back gate!

Please bring water, Gatorade, a shirt, shorts, hat and running shoes.

If interested: Sign up for cross country reminders:

text: 81010

Message: @run4health

Let me know if you have any other questions.

Gracias.

Sra. Shoffner

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