

# ATTENTION ALL CROSS COUNTRY RUNNERS AND PARENTS

Cross Country is open to any 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade student at Clark Middle School. Cross Country is an outdoor running sport. 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade boys and girls run 3K races (about 1.8 miles.) All students must have a physical turned in prior or brought to the first practice in order to participate! Also, students must have their Family ID forms filled out and completed. **(The first official practice will be Wednesday, August 15 after school at Clark. It will go from 4-5:15. We will meet in the foyer in front of the gym.**

There will be conditioning for those students who would like get ready for the season beginning in August. Those days are August 7, 8 and 9. We will meet at door J and go from 8:00 to 9:00. These are not mandatory in order to do cross country!

Once the school year begins, the boys will practice before school at 6:30 with the boy's coach Bob Gustas, while the girls will practice after school with the girl's Coach Kerry Cooper.

We will be taking a bus to all away meets and the students must ride the bus to all away meets! Meets begin as close to 4:30 as possible.

- **MUST HAVE PHYSICAL TURNED IN BEFORE TRYOUTS!**
  - Physical from previous year will not count for 2018-2019 school year
  - Physical must be completed after April 1, 2018 for the 2018-2019 school year.
  - Must have updated Family ID complete online. The link can be found on the athletic homepage. Remember this must be updated every year.
  - Physical Night at Grimmer Middle School. Aug. 7th from 5:30 – 8:00. Cost is \$25.
  
- Financial obligations
  - **Team Fees** – Will vary from sport to sport. These fees will help to cover practice uniforms and team equipment.
  - **Participation Fee** - \$60 – This is a one-time fee, regardless of the number of sports played throughout the year. This is paid directly to the corporation by way of skyward. This fee will not be added until school begins and official rosters are submitted to the athletic department.
  - **Transportation Fee** - \$20 – This fee is collected for every sport played during the school year. This fee will be collected by the coaches.

Any questions please contact Coach Gustas or Coach Cooper at Clark .

Bob Gustas [bgustas@lcscmail.com](mailto:bgustas@lcscmail.com) 365-9203 ext 801

Kerry Cooper [kcooper@lcscmail.com](mailto:kcooper@lcscmail.com) 365-9203 ext 709