![C:\Users\leahcottle\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VSM9SSZW\runner[1].jpg]()I made the team…now what?

 First of all, CONGRATULATIONS! Please make sure that you follow the items below to ensure a great Cross Country season. We are proud of YOU!

1. Your coaches are Mrs. Cottle & Ms. Worley. Contact us via e-mail if you have questions or concerns.

2. Practice will be held Monday-Thursday until meets start. They begin at 3:30pm and end promptly at 5:00. Please make sure you are able to get a ride home at that time. Please wait at the front for your ride, do not wander the building.

3. Band members are excused from practice on Monday afternoons. All other team members must have a note/e-mail from parents excusing an absence from practice. If there are unexcused absences from practice, you will not run in that weeks’ meet. We are a TEAM. We need you at practice!

4. Running is tough. You will be sore. You will have bad running days, but you will get BETTER! Cross Country is a great sport where you get to race against others, but most importantly, you can race against yourself! Strive to make improvements in your own running!

5. Make healthy choices. Drink plenty of water during Cross Country season. Eat plenty of fruits and vegetables. Avoid sugary drinks/junk food. You will notice a difference in your overall performance! Get plenty of rest!

6. You will need black running shorts of appropriate length and good running shoes. Visit Omega Sports if needed and have one of their staff members fit you properly.

7. HAVE FUN!

We look forward to an outstanding season. Thank you for making our team great!

Mrs. Cottle & Ms. Worley

Don’t forget your:

* Physical
* Booster Fees ($50 fee per family/$20 additional fee/sport)