

FALL 2017 CROSS COUNTRY INFORMATION 7TH/8TH GRADE

CROSS COUNTRY PRACTICE BEGINS Tuesday AUGUST 1, 2017 @ LANDMARK BAPTIST. WE MEET BACK BY THE CHURCH AT THE SHELTER CLOSEST TO PARKING LOT. ENTER FROM CHESTER ROAD ENTRANCE AND FOLLOW DRIVE BACK TO CHURCH.

PRACTICE IS FROM 7PM – 8PM Monday – Friday until school starts. First practice does start on Tuesday night.

THINGS YOU WILL NEED IN ORDER TO RUN THE FIRST NIGHT:

- 1) COMPLETED PHYSICAL FORM FROM DOCTOR
- 2) EMERGENCY MEDICAL FORM filled out by your parents
- 3) CONCUSSION FORM signed by parents
- 4) RUNNING SHOES, COMFORTABLE CLOTHES, WATER BOTTLE

Email Coach Lisa Benson @ lbenson@vikingmail.org for any questions.