

MIDWAY MIDDLE SCHOOL CROSS COUNTRY – 2008

PRACTICE & MEET INFORMATION SHEET

Our first practice will be on Tuesday, September 2nd. Be dressed out and ready to run on time. Meet in the red gym by 3:40 pm.

You will **NOT** be allowed to workout until you have a physical on file with Midway Middle School. Below is a list of documents that must be turned in before you can participate in workouts and/or meets.

IMPORTANT: Every child must turn in the following:

1. Signed physical form (before participating in any workout or meet)
 2. Signed drug policy form (before participating in any meet)
 3. Signed Travel Card (before participating in any meet)
- Practices will be Monday through Thursday from 3:30 pm to 4:20 pm.
 - Athletes can change in the P.E. dressing rooms. Athletes need to be dressed out and ready to run in the red gym by 3:40 pm everyday.
 - Parents can pick up students in the teacher's parking lot (turn into school at light by the old Katie's Custard).
 - Athletes need to bring a personal water bottle with their name on it. No "short" shorts and no tank tops will be allowed during workouts.
 - Cross Country Travel T-shirts will cost \$15.00 each. Please see attached order form and **turn in by the deadline date**.
 - Meets will be on a Monday (afternoon), Wednesday (afternoon), or Saturday (morning). If your child has a cell phone, they may bring it only for the sole purpose of calling you to pick them up. Casual conversations are not allowed. They can bring an iPod or MP3 player with them; however, we are not responsible for any missing or broken belongings.
 - Please make sure your child has the following items when traveling:
 1. Travel bag, running shoes, and school uniform (uniform is for meets only)
 2. Bottled water or sports drink during practice and for meets
 3. Bring food for lunch or a healthy snack

IMPORTANT: Parents, if you are at a meet and want to take your child home with you, make sure you sign the sign-out sheet from either Coach Bullajian or Coach O'Leary after the meet. If you are not at the meet to sign your child out, the student must ride home on the bus and cannot ride home with someone else. If you have any questions, please contact Coach Bullajian.

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