

August 13th, 2018

Dear Parents,

Welcome to the Lewis Palmer Middle School Cross Country program! We are excited to get to know your children and help them grow as runners. This season athletes will be coached by Carrie Block, Teri Diamond, and Joe Follett.

Cross Country is a sport that incorporates the best of athletics and middle school. The season runs from the start of the year through the end of September. Students who come out for the team will not only push themselves individually, but also be part of a strong team community. Cross country requires goal setting, improves endurance, helps with other sports, and teaches kids running technique.

Practices will be held from 2:45-4:00 at Lewis Palmer Middle School. Our workouts are done on the track, neighborhood runs, and hopefully around Woodmoor Lake. We suggest students eat a light, healthy snack right after school and come to practice suited up and ready to go by 2:45. Every athlete needs a water bottle and weather-appropriate attire.

The cross-country/track uniform is available for purchase in the front office. This is a mandatory uniform which consists of an LPMS Patriot t-shirt and Patriot shorts. Athletes must have their school uniform in order to compete.

We will ask athletes to call home and not attend practice if they are injured, sick, or do not have the proper shoes for running. There are only three coaches (and a lot of runners) so athletes cannot be left behind at school unattended if they are unable to run that day!

Lewis Palmer Middle School will compete in five meets. Here is the schedule:

- **Wednesday, August 29th: 3:45 Elizabeth hosts @ Elizabeth High School**
- **Wednesday, September 5th: 3:45 Home meet at Palmer Lake Trailhead**
- **Wednesday, September 12th: 3:45 at D20 stadium (Liberty High School)**
- **Wednesday, September 19th: 4:15 TCA hosts @Air Academy High School**
- **Wednesday, September 26th: 3:45 Eagleview Middle School hosts at Ute Valley Park**

Other important dates:

- **Thursday, August 30th no practice due to BACK TO SCHOOL NIGHT**
- **Friday, August 31st no practice due to PLC day....no students that day**

Practice will officially start on Tuesday, August 21st for all athletes who have turned in their paperwork (insurance information and physical) and paid their fees. Please be at school promptly to pick up your child at 4:00. If your child is still waiting to get a physical, he/she may come to practice **after all his/her paperwork is turned in**. They must get in five practices before the first meet.

On meet days, we will take the bus to the events. After meets, parents are welcome to take their own children home, but must sign out with **Mrs. Diamond**. Otherwise the bus will return to school, and students can get picked up promptly when we arrive.

***Due to a shortage of bus drivers-our home meet, Wednesday, Sept. 5th -athletes must get their own ride to and from Palmer Lake Trailhead. Please let me know if you have any problems! Thanks!**

We will send out information regarding the meets the day before via email, and a paper copy of the information will be given to the athletes. We will also send emails if there are practice cancellations, and allow students to call home to make arrangements. You will also get the opportunity to sign up for text notifications through REMIND from the coaches. We will send home information regarding this the first week of practice. Please be on the lookout for this paperwork and complete it. This is a great way to keep in touch. Please be sure to sign up.

Please turn in the bottom part of this form with your email information so we can add you to a group list for receiving emails regarding meets and practices.

If you have any questions feel free to contact us. Our email addresses are:
cblock@lewispalmer.org; tdiamond@lewispalmer.org; jfollett@lewispalmer.org
We are looking forward to a successful and fun season.

Thank you,

Coach Block, Coach Diamond, and Coach Follett

Please cut and return to Coach Block as soon as possible:

Child's Name: _____

Parent's Name: _____

Email address: _____