

Dear Cross Country Runners and Parents,

I am very excited about the 2017 season. We have many returning runners from the team last year, and I have heard many good things about the incoming runners. Attached is the practice schedule and meet schedule for the season. Each athlete must have a physical on file to be able to practice and run in the meets. We will have a brief parent meeting on August 18th at the end of practice. Below are the qualifications to get a letter in Cross Country. If you have any questions, you can email me at mburns@phm.k12.in.us, or feel free to talk to me at practice. Looking forward to a great season!

Coach Mark Burns Jr. and Coach Jenny Rice

HOW TO EARN A LETTER IN CROSS-COUNTRY

To earn a letter in cross-country an athlete must meet the following criteria:

The athlete must compete in 6 of the 7 season meets.

Criteria for competing in meets:

- Must have NO unexcused absences prior to the meet.
- Must have NO late pick-ups or drop-offs prior to the meet. (A late pick-up/drop-off is 10+ minutes after practice is scheduled to end or start.)
- Must be able to run the course in under 20 minutes. (Athletes will be given many opportunities to record times throughout the season.)

****All of these requirements can be met through effort, responsibility, punctuality, and car-pooling.**