

## HCCPS Cross Country 2016

Hilltown's Cross Country team is open to students in the 4th, 5th, 6th, 7th, and 8th grades. During our season we run for fun, speed and endurance. We also focus on goal setting and creating ways to get to our goals. During practice we do a variety of games, drills, relays and runs on fields, roads and trails. We are looking to build a positive and motivated team that encourages everyone to do their best!

Practices and most meets are held on **Tuesday and Thursday from 3:00 PM – 4:30 PM** starting September 15, and ending November 3 with a celebration. We are a “challenge by choice” team in which the runners may choose and are encouraged to participate in a few cross-country meets. Dates and times of meets will be forthcoming. Practice and sign out/pick up will meet in the all school space and from there practice locations will vary from industrial parkway, the bike path, and in the parking lot behind the school. We rarely cancel practice and we will run in the rain and cold, so please dress for the weather. We will not run if thunderstorms threaten. If we cancel, we will email parents by noon of the practice day.

### **EQUIPMENT NEEDED:**

- running shoes that fit well (NO street sneakers-converse, etc. If you have questions on what shoes are appropriate, please do not hesitate to ask!)
- socks (extras are encouraged)
- loose fitting shorts or sweats (no jeans, tight shorts, or other long pants)
- T-shirt (Hilltown uniform t-shirt or team colors only)
- water bottle and light snack
- optional: stopwatch, cap, running flats/spikes (if bringing spikes PLEASE bring sneakers as well)

### **Cross Country Team MEMBER RULES:**

- Come to practice on time and dressed appropriately
- Follow directions and safety precautions given by your coaches during all team activities
- Treat team members, coaches, volunteers and yourself with respect, in accordance with the school's Community Compact
- In the event of illness, injury or planned absence, notify before practice at 3:00 PM To participate on the team, students must sign an agreement and parents must sign a permission form and contribute an \$80 activity fee payable to HCCPS. The fee is waived for students participating in the free/reduced lunch program. Parents, please consider doing some of your volunteer hours at practices and meets.

Happy running!

Sadie Graham [sgraham@hilltowncharter.org](mailto:sgraham@hilltowncharter.org)

## Cross Country Permission Form 2016

**STUDENT:** I, \_\_\_\_\_ (print name), have read the above Cross Country rules and agree to abide by them. If I do not comply with the rules, I may be suspended from the team.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**PARENT:** I give permission for my child, (please print) \_\_\_\_\_, to practice and compete in a cross-country program sponsored by Hilltown Cooperative Charter Public School. My child has no outstanding medical issues or chronic injuries that would prevent him/her from engaging in these activities or that would compromise individual health. I also understand that if my child does not abide by the rules of the Cross Country team, he or she may lose the opportunity to participate in this school activity.

Has your child had a concussion? **Y N** If so, when? \_\_\_\_\_

My child uses an: inhaler **Y N** Epi-pen **Y N** other \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**RUNNER'S T-SHIRT SIZE:** Please circle one:

Youth Medium    Youth Large    Adult Small    Adult Medium    Adult Large

September Tuesdays	September Thursdays	October Tuesdays	October Thursdays	November Tuesdays	November Thursdays
	9/15	10/4	10/6	11/1	11/3 Celebration!
9/20	9/22	10/11	10/13		
9/27	9/29	10/18	10/20		
		10/25	10/27		

Please return this form and the \$80 activity fee payable to HCCPS to the folder marked "Running Club" in the Completed Forms Box in the main office.