

Dear Parent and Cross Country Runners,

Coach Kirkman and Coach Brinkmann are looking forward to September and the upcoming cross country season. We will vary our runs and their intensity. Please try to get in some training over the summer; even a little bit of running will be better than starting "cold" on September 8<sup>th</sup>.

You must obtain and complete the Port Angeles School District sports participation packet. This packet can be found on-line at [www.portangelesschools.org](http://www.portangelesschools.org) or it can be obtained at the Stevens Middle School office. The forms in this packet must be **completed and returned by the 1<sup>st</sup> day of practice (September 8)**. A portion of this packet deals with a medical evaluation (physical) that needs to be completed once every two years. In addition, there are fees that need to be paid. These include the activity participation fee (\$50) and the individual sport fee (\$25), for a total of \$75. If money is an issue for your family, scholarships are available.

Once all forms have been turned in and all fees paid, the office will issue a CLEARANCE CARD. You MUST have a clearance card to practice!

Below is a suggested time line that will help you prepare for the upcoming season.

**August 8<sup>th</sup> or sooner**

1. Begin running on your own. Start with short runs. Make sure you have good running shoes!
2. Obtain packet from SMS or on line.
3. Make sure there is a physical on file at Stevens. If not, make an appointment with your family doctor asap.

**September 2<sup>nd</sup> - September 7<sup>th</sup>**

1. Turn in sports packet to Mrs. Kately (secretary at the front desk)
2. Pay fees to Mrs. Kately
3. Obtain a CLEARANCE CARD

**September**

1. September 8<sup>th</sup> - First day of practice (3:30 – 4:45)
2. NO CLEARANCE CARD....NO PRACTICE
3. There will be NO practice on Friday September 17<sup>th</sup> or Friday September 24<sup>th</sup>.
4. Parent meeting on Wednesday, September 15<sup>th</sup> from 4:45 – 5:15 in Mr. Brinkmann's room.

**Runners need to provide their own running attire/supplies. This will include the following:**

1. Running shoes
2. Sweat-shirts and sweat-pants. (no substitutions will be allowed, ie jeans)
3. Shorts
4. Their own bottle of water! NO SHARING OF WATER BOTTLES!

**Cross Country Meets**

*All cross country meets will take place on Wednesdays. They begin at 3:30. Girls run first, boys to follow 5– 10 minutes later. Courses will not exceed 1.5 miles, and the championship meet (Nov 3) will not exceed 2 miles. Uniforms will be issued on September 27<sup>th</sup> or 28<sup>th</sup>.*

September 29 at Stevens (Lincoln Park)

October 6 at Sequim Middle School

October 13 at Stevens (Lincoln Park)  
October 20 at Blue Heron (Port Townsend)  
October 27 at Sequim Middle School  
November 3 at Blue Herron (Port Townsend)

We look forward to a great running season.

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Mrs. Kirkman  
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