

**2019**

# **WILLIAM BROOKS CROSS COUNTRY**



All students, girls and boys, in grades 2-5, are eligible to join the William Brooks Cross Country Team. Children **must** be age 7 by August 15, 2019. A donation of \$35 per student, payable to William Brooks School, is requested. See forms for requested donation.

The season will begin with practice on Monday, August 12, and it will end Tuesday, October 15, with the County Finals at the El Dorado Fairgrounds in Placerville (the top 7 runners in each age group qualify for the finals).

**There will be a parent meeting at 4:00, AFTER THE FIRST PRACTICE, on August 12,** for just a few minutes to introduce the coaches and to answer questions. Students are encouraged to attend at least two practice sessions each week until meets start, then at least one practice each week in addition to the meet. **Practices will be on Mondays, Wednesdays and Fridays from 3:20-4:20 (2:20-3:20 on early release days) and on Tuesday mornings at 8:15 a.m. for those children who cannot make afternoon practices.** A practice can be made up by running during the Friday morning walk, as well.

Note that the air quality is checked prior to each practice. On “Spare the Air” or poor air quality days, practice will be held in the Gym. Practices will not be canceled on those days.

Meets are as listed below, with races starting at 3:30 or as noted in meet fliers. There will be bus transportation to the meets. Students must be checked out and picked up at each **MEET SITE** after the meet by a parent or guardian. Students should be picked up promptly after practices (and meets), as there will be no supervision after 4:20 (3:20 on early release days).

**If other athletic activities interfere, but you would like to run, please talk to Mr. Lee.**

Forms can be obtained in the office or online at <https://www.buckeyeusd.org>.

Please complete and sign (student too) all forms. Be sure to include requested insurance information.

**Students must turn in their completed permission form before they can begin practice.**

**NO CHILD WILL BE ALLOWED TO PARTICIPATE WITHOUT SUBMITTING THIS FORM.**

Comfortable clothes and running shoes should be worn for practice and the meets

Meets: \*

WEDNESDAY	9/11	BUCKEYE ELEMENTARY SCHOOL, SHINGLE SPRINGS
THURSDAY	9/19	CSD, EL DORADO HILLS
WEDNESDAY	9/25	SIERRA RIDGE MIDDLE SCHOOL, POLLOCK PINES
THURSDAY	10/3	McGARVEY ELEMENTARY SCHOOL, RANCHO CORDOVA
TUESDAY	10/15	EL DORADO COUNTY FAIRGROUNDS, PLACERVILLE (for those that qualify)

\* Flyers will be sent home before each meet with directions and special instructions for that meet.

**Students who are not behaving at practice or meets will be asked to leave the team;  
if this happens during the first two weeks, their money will be refunded.**