

## CROSS COUNTRY 2018



Once again it is time to lace up our running shoes for this year's cross country season. We hope that our returning runners can build on last year's successes, and our new runners can discover the abilities God has blessed them with. We want to continue building on that foundation as the children move forward with the school year. I would encourage them to run on their own as much as possible. We will also begin practicing together as a team at Sheridan

Park. The more running the children do before the season the better prepared they will be for the demands of that first race. For practice we will meet at school and go down to the park to run.

Runners can be picked up at school after practice.

### Practices

Mon., Aug. 20	3:15-4:00	Mon., Sept. 10	3:15-4:00
Tues., Aug. 21	3:00-3:45	Thur., Sept. 13	3:15-4:00
Thur., Aug. 23	3:15-4:00	Mon., Sept. 17	3:15-4:00
Mon., Aug. 27	3:15-4:00	Wed., Sept. 19	3:15-4:00
Wed., Aug. 29	3:15-4:00	Thur., Sept. 20	3:15-4:00
Thur., Aug. 30	3:15-4:00	Mon., Sept. 24	3:15-4:00
Tues., Sept. 4	3:15-4:00	Mon., Oct. 1	3:15-4:00
Thur., Sept. 6	3:15-4:00	Wed., Oct. 3	3:15-4:00

I encourage the children to make as many practices as possible. Success in running at this level will reflect the commitment and effort put in by the individual. I know there are conflicts with other activities' schedules that must be taken into account.

The kids need to have running shoes and clothes (shorts, t-shirt) for practices. Staying hydrated is also very important. The runners should be drinking plenty of water throughout the day and should have a water bottle with them for practice.

### Races

We will be entered in four cross country meets.

The first is the Pilgrim Lutheran Wildcat Meet on September 5<sup>th</sup> in Menomonee Falls at Willowood Park. 4:30 pm

The second meet is the Star of Bethlehem Meet on September 11<sup>th</sup> at Malone Park in New Berlin. 5:15 PM

The third race is the Cardinal Classic on September 26<sup>th</sup> at Sussex Village Park. 5:45 PM

The last race will be the WISCO Meet on October 4<sup>th</sup> at McCarty Park. 5:00 PM

In His Service,

Mr. Nommensen