



Cross Country-2019

1. **Practice begin in JUNE-Optional**
 2. **July practices-Daily Practice**
 3. ****Practices--You MUST attend at least 20 practices** this summer before school starts. You can use the optional practices to count for those. **So if you know you cannot attend in July you need to attend in June.**
1. All completed paperwork must be completed before the athlete can run. Students with incomplete paperwork will not be allowed to participate until completion is verified.
 - a. You can find forms on Conway Athletics website under forms
 2. Excused Absences- There are a few things that are excused, i.e. death in the family, school business, and illness. Illness can get out of hand so after a few times a doctor's note may be needed. **NON-SCHOOL RELATED ACTIVITIES ARE NOT EXCUSED**
 3. **Mandatory Athlete/Parent Meeting- April 23th @ 5:30 at CHS Old Gym (Left of the John McConnell Stadium)**
- YOU MUST BE ABLE TO RUN AT LEAST 2 MILES WITHOUT STOPPING TO BE IN CROSS COUNTRY. We do road runs and for safety purposes need to be able to keep athletes together.

Parent and Athlete must sign the form below to have Cross Country added to their schedule:

Athlete Name: _____ Parent Name: _____

Athlete Signature: _____ Parent Signature: _____

School Entering From: _____

JUNE-

Practices are from 6:15-7:30 a.m. more info will be given at the parent meeting

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Optional 6:15-7:30	4	5 Optional 6:15-7:30	6 Optional 6:15-7:30	7	8
9	10 Optional 6:15-7:30	11	12 Optional 6:15-7:30	13 Optional 6:15-7:30	14	15
16	17 Optional 6:15-7:30	18	19 Optional 6:15-7:30	20 Optional 6:15-7:30	21	22
23	24 Dead Week-No Practice	25 Dead Week-No Practice	26 Dead Week-No Practice	27 Dead Week-No Practice	28 Dead Week-No Practice	29
30						