



GSMS Cross Country 2017

We are extremely excited to kick off the new season. Look forward to 6 weeks of hard work and growth as both a runner and individual. Teamwork is a top priority; all of you have something positive to offer our team. Please review the following:

Paperwork: Due 9/5/17 (needed before you can participate in practices or meets)

- \$25 participation fee (Make checks payable to Access AfterSchool)
- Participant Permission and Health Form
- Permission Form for off campus running
- Blue emergency card filled out

Team Expectations

- ❖ Teamwork: always support and encourage your teammates.
- ❖ School first: no missing work, 1's and 2's, poor behavior.
- ❖ Try your best: work the hardest you can every day in practice.

Practice Times

We will hold practice on **Tuesday, Wednesday, and Thursday** from September 6 through October 7th. Practice begins at 3:15 and ends at 4:30. Athletes will need running shoes, workout clothes, and their own ride home. If your athlete cannot make every practice please contact Ms. Brickell.

Cross Country Meets

- Saturday 9/30: Glenwood Springs meet
- Saturday, 9/16: Devil Dash at Eagle Valley
- Saturday, 10/7: Aspen Chris Severy Meet

Participation in these meets is voluntary, uniforms will be provided. Look for more information as we get closer to race day. Some of these races have open or community divisions for anyone to participate as well.

Coach:

Cassie Brickell

cbrickell@rfschools.com

384-5545

