

Dear Runner/Parents,

Cross Country will begin August 23rd, at 8:00AM at the High School Track. Practices will be Monday through Saturday at 8:00Am at this location until school begins. Some days practice will last as long as 2 hours, others will end in under an hour. You will know the day before each practice about how long the following days practice will last.

Remember if you do not have a CURRENT physical on file with the health office, a SPORTS UPDATE FORM into the health office AFTER July 22nd, and I do not have a blue card on the first day of practice you CAN NOT PRACTICE!

Included with this letter is a copy of the districts summer mailing letter which indicates whether or not you have a CURRENT sports physical on file for fall sports. If you do not have a current sports physical a copy of the form that must be filled out by your physician and submitted to the health office, it is included with this Mailing. Also included is a SPORTS UDATE form. This form must be filled out by ALL ATHLETES and submitted to the health office AFTER JULY 22nd. These Forms CAN NOT BE SUBMITTED EARLIER THEN JULY 22nd. The Fall sports update will be August 3rd in the main foyers of the High School from 4-6pm.

If you have any questions or concerns please email me at ayerahs@bcasd.neric.org and I will respond as soon as possible.

Sincerely,

Coach Ayers