



# Regal Elementary Cross Country

September 2021



**Hello Parents and Guardians,**

Cross Country is here again! This program is for all 1<sup>st</sup> - 6<sup>th</sup> grade students who like to run and be fit. This year your child will have the opportunity to compete against different schools at Hays Park. Plan to attend the parent meeting on Monday, September 27<sup>th</sup> to learn more about these meets. At Regal, we encourage students to work on improving their own personal fitness during the season.

Regal's Cross Country Season begins September 13<sup>th</sup>. Practice days are Monday, Wednesday, and Thursday. As with all Regal programs, **proper behavior and attendance** is expected and required during class and extra-curricular activities. If a problem arises in either setting a runner can be removed from the team.

**Proper shoes for running** must to be worn during practice and meets. Runners need to bring a sweatshirt/coat and long pants for practices when the weather gets cold. As always, proper hydration is very important. Students will be given water breaks but will not be using drinking fountains. Please send your runner with a water bottle for practice.

**Attendance is very important!** If students are not in attendance, is it a reason to be dropped from the team. Attendance is taken at all practices and meets. If your runner will not be at practice, and you know in advance, please have the runner inform one of the coaches.

**Parents are responsible for the transportation of their child after practice concludes at 4:00 p.m.** Please be on time to pick your child up at 4:00 p.m. Students continually not picked up on time will be removed from the team.

We will be following COVID safety guidelines for outdoor activity.....

- Students may or may not run with their masks on.
- Spectators will be expected to distance at meets and not gather near the start/finish areas.
- All forms, including COVID waiver (paper) must be turned in before any student is allowed at practice.

Air quality (AQ) is something else we may need to deal with this fall. It is safe for ALL students to practice outside if the AQ is BELOW 150. If AQ 150 or higher practice will be cancelled for all runners. When AQ reaches 100, any student with a health plan (indicating breathing conditions) will need to have a physician's release in order to attend practice. It will be an excused absence.

## HOW DO I SIGN UP?

1. Fill out Cross Country Packet
2. Come to the first day of practice with your runner (September 13<sup>th</sup>, 3:00-4:00pm) and turn in Cross Country Packet to coaches
3. Have coaches confirm that registration is complete, and that student is cleared to start practice

Mr. Cumberland, Mr. Garcia and Mrs. Miciak – Regal Cross Country Coaches

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