

Covenant Cross Country

We are excited to announce our third year of Cross Country. We will be participating in Overbrook's Cross Country meets this fall. The meets are for kindergarteners through sixth graders. Everyone is welcome to participate.

Miss Savage will be taking over the reigns as this year's head coach. Practices for Cross Country will be held Mondays and Thursdays on the Harding Exit Field from 3:00 – 3:30. Fourth through sixth graders will be required to practice at least once a week with the team. Practice will begin Thursday, September 3rd. Runners will meet outside the locker rooms (beside the gym) during afternoon dismissal. Mr. Bryant will be waiting for them there.

After practice, we will bring the runners to the normal carpool area. Please do not try to pick up your children by the practice field or in any other area. Also, we ask that parents not attend practice. The runners tend to focus a little better with the coaches.

Meet Information – September 13th, 20th, 27th, and October 11th and at 1:00

K-3 – ¾ mile run

4-6 – 1 mile run

Cost Information – \$5 admission fee per car at each event

Team fee of \$15 (each runner will receive a team shirt)

Overbrook asks that all runners receive a Sports Physical before competing. Please turn in a copy of your child's physical form signed by a doctor.

Also, please return the bottom portion of this sheet with a check for \$12 made to The Covenant School if you are interested in your child's participation.

Mr. Bryant

Student Name _____ T-Shirt Size _____

I give my permission for my child to compete in the Overbrook Cross Country Meets.

Parent Signature _____ Date _____