

Dear Parents:



I would like to take a moment to explain some things about cross country.

There are no tryouts. If you join, you are on the team.

We practice daily, Monday through Friday from 3-5p.m. Please pick up the kids promptly at 5:00. Students should not miss practice without giving Mr. Urbas a note from the parent describing the reason for missing practice (soccer game, tennis lesson, band lesson.....). Students with more than two missed practice per week should not be on the team. Students with chronic absences should discuss this with the coaches.

We have practices to benefit all runners. We typically run 1-2 miles per day the first week and increase our distance until the final week when we run about four miles per day. When we run a meet the distance is two miles.

We are in the South East DuPage Athletic Association (SEDAA) Conference. It is a very competitive conference. We practice each day so we can be competitive in the meets.

Meet times start around 4:00 during the week, invitational meets on the weekend start at various times and will be announced. The cross country schedule can be seen from a link on my school web page. Go to the www.ccsd66.org web page, click on "Lakeview", click on "ENCORE" in the table near the bottom, click on "Applied Technology" to see my web page. At the bottom of my web page it says: "Cross Country Team News:" Under that, click on: "**SCHEDULE '09**". There are several meets on Saturday. We expect the kids to be at these meets unless there is another sport/activity they must be at (example: soccer game).

You may pick up your kid from the meet after signing them out. You may take other kids from the meet if you sign them out as well.

All students will need a uniform which consists of a T-shirt and shorts. The T-shirts will need to be purchased from coach Urbas for \$10. Shorts will be handed out. When the weather turns cold, warm ups will be passed out. At the end of the season the kids will need to return the washed warm ups and shorts. They will keep the T-shirts.

Runners will need a good pair of running shoes. They do not have to be the really expensive shoes, but should be running shoes.

For practice, kids can run in any shorts and t-shirts (including their gym clothes). They should bring a water bottle for drinks.

This is a team sport. All students run in the meet, however only the top 5 (or possibly 7) count in the score. So if a runner is not very good, they can run, be competitive, and improve. They do not hurt the team score. To improve it is strongly suggested the kids run on the weekend at home.

If you have any questions, please call Mr. Rodda 783-5119 or Mr. Urbas 985-2700.

Sincerely,
Mr. P. Rodda
Mr. M. Urbas