

# WANTED!



## How Fast Are You?

### 2019 Rescue Raiders Cross Country

- Practice begins Monday, August 19<sup>th</sup> from 3:15 to 4:15pm. Last day to sign up will be August 30<sup>th</sup>.
- 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders may participate. 2<sup>nd</sup> graders may compete with 3<sup>rd</sup> graders if they are 7 years old by August 19<sup>th</sup>.
- Athletes will only be allowed to practice if a current **Sports Physical Examination** form and an **Agreement for Team Participation** form have been turned into the office. No exceptions. Forms are available in the school office or online at the school website – [www.rescueelementary.org](http://www.rescueelementary.org), then click on the “Activities & Events” tab. Select “After School-Fun” from drop down menu. Click on the forms link at the bottom of the page and print.
- **Practices:** Will be on Monday, Tuesday and Thursdays from 3:15 to 4:15.
- **Meets:** The season starts the week of September 9<sup>th</sup>. The season will most likely consist of four meets, one each week, usually on Wednesdays and then finals on October 15<sup>th</sup> at the El Dorado County Fair Grounds. The schedule will be sent out as soon as it is released.
- **Race distances:** 3<sup>rd</sup> graders will run  $\frac{3}{4}$  of a mile. 4<sup>th</sup> and 5<sup>th</sup> graders will run 1 mile.
- **Transportation:** Parents will be responsible for transportation to and from each meet. Athletes will be transported on a district bus to the finals. Please note: there will be no return bus.
- Athletes will need running shoes (no court shoes please!), shorts, shirt (wicking if possible, if not a cotton t-shirt is fine), good comfortable socks (wicking if possible, helps keep feet dryer and cooler) and a water bottle. Please ensure your child has a water bottle – hot weather or not, we will run.
- **Cost:** \$40 per student. What’s included? Team running shirt, transportation to meet and end of season team party.
- **Additional information:** Schedule of meets and other additional information will be distributed on the first day of practice.
- **Questions:** Email Coach Kristin Morones at [kmorones@my.rescueusd.org](mailto:kmorones@my.rescueusd.org)
- **Never Quit!**