

# BIG LAGOON CROSS COUNTRY

CHO' LO-'O-MAH

LET'S RUN TOGETHER

Big Lagoon School After School Program and the Big Lagoon PTO are excited to start up our own cross-country team!

All students in kindergarten through 8<sup>th</sup> grade are welcome to join as part of the after-school program. We will also be going and competing at various meets throughout the county, however it isn't required that your child participate in meets (but we hope that they do!)

Students will be divided into different grade brackets for meets and distance goals.

## K-2

Race Distances: 0.7 – 1 mile

## 3-5

Race Distances: 1.25 – 2 miles

## 6-8

Race Distances: 1.6 – 2 miles

**1<sup>st</sup> Practice:** TUESDAY 9/6 2:45 – 4:00 pm

**Forms Due:** Wednesday 9/21

**1<sup>st</sup> Meet:** THURSDAY 9/22 @ 4:00 PM –  
ARCATA MARSH

*Participants can all compete individually. To compete for a team score, we must have at least 5 students in a bracket.*

## Requirements:

All participants will need to have the following forms turned in by **WEDNESDAY, SEPTEMBER 21<sup>st</sup>**.

\_\_\_\_ JPA -24 (Physical History Form, Physical Examination form, Physical Clearance Form)

\_\_\_\_ JPA – 5 (Acknowledgement and Assumption of Potential Risk)

## Practice:

Practices will be coached by Mrs. Macanas ([hannah@biglagoon.org](mailto:hannah@biglagoon.org), 707-502-9274) and Jessica Clayburn ([jlc119@humboldt.edu](mailto:jlc119@humboldt.edu), 707-954-0312).

Practices will be held **every Tuesday and Thursday from 2:45 – 4:00 pm** beginning **TUESDAY, SEPTEMBER 6<sup>th</sup>**.

Our last meet is on Thursday, October 20<sup>th</sup>.

Parents/guardians will still be responsible for picking up students promptly at 4:00pm.

Meets will be held on various Tuesdays and Thursdays in various locations (schedule attached). We will work on getting Van transportation TO the meet, but students will need to be picked up from the meet. However, this is still in the works, so **please plan on coordinating transportation TO AND FROM meets for the time being.**

**If you have any questions or would like your child to join the team, please contact Mrs. Macanas or Jessica Clayburn as soon as possible! We are very excited to begin training!**