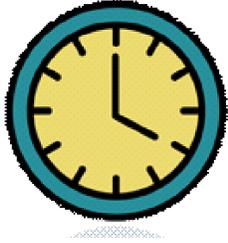


Intramural Cross Country

Thank you so much for taking an interest in our cross country intramural this year! It is open to all sixth grade students, so please tell your friends about the fun times we have at practice so they can come and join us. Running is all about having fun and laughing with your friends while you exercise, and we want to make sure we have the most fun this year. Listed below are some key pieces of information that will help you to have the most fun.



Practice times and dates

We will begin on September 9th and end on September 27th. See the calendar for specific dates and times. The Dairy Queen run is only available to those who attend **AT LEAST 11 of the 14 days**.

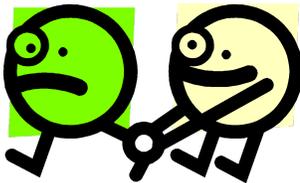
Clothing

Because we will be running outside, it is very important that you have comfortable, weather appropriate clothing. In terms of comfort, we will be running in comfy, school appropriate clothes like t-shirts and athletic shorts or pants. Although we would always love for it to be warm and sunny every practice, there may be some practices when the temperature is a little chillier than others and it is very important for runners to be dressed for the weather. This could include having an extra sweatshirt, gloves, or a hat just in case. Finally, very important pieces of clothing for any athlete are gym shoes. To best avoid injuries and unnecessary pain or sore legs, we will always have comfortable running shoes on our feet before we depart from Jefferson Square.



Safety

Of course, we will always run as a team and stay very close to Jefferson, but we should always know exactly where we are running, as well as sticking with a “running buddy” or a group. Also make sure that you know exactly where Mr. Gallagher is at all times during practices as he will have his cell phone in case of any emergencies.



Respect

As mentioned above, running is all about enjoying exercise while laughing and joking with our friends. As a team, we will cheer one another on as frequently as possible and offer praise and positive words of encouragement.



**Please take this home and share this information with your parent or guardian.
See the other side for a complete calendar of dates and times.**

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 CC Intramurals Until 4:00	10 CC Intramurals Until 4:30	11 CC Intramurals Until 4:00	12 CC Intramurals Until 4:00	13 CC Intramurals Until 4:00
16 CC Intramurals Until 4:00	17 CC Intramurals Until 4:30	18 CC Intramurals Until 4:00	19 CC Intramurals Until 4:00	20 CC Intramurals Until 4:00
23 CC Intramurals Until 4:00	24 CC Intramurals Until 4:30	25 CC Intramurals Until 4:00 Run the official course for a recorded time.	26 CC Intramurals Until 4:00	27 Dairy Queen Run Until 4:30 Permission Slip Required!