

Pilgrim Park Cross Country 2018

Parents and Athletes:

Welcome to the 2018 cross-country season. As coaches we are looking forward to providing a positive experience for your child. We hope this season will provide your son/daughter with an opportunity to work hard, get in shape, and have fun with friends. We have a strong tradition of success and athletes that represent Pilgrim Park in a positive light. We look forward to continuing that this season. Below is some information that should help you for the upcoming season.

Updated Physical Cards and Fees

- All athletes need to have a physical card (green), signed by a doctor and updated on file with the coaches before the season begins.
- If your son/daughter had a physical last year and has a green card handed in, then you would not need one for this season, but you would still need to fill out a yellow alternate year card. If your child is in need of a physical, please schedule one as soon as possible.
- There is a \$50 activities fee that needs to be paid to the front office before the first day of practice (which is Wednesday, September 5th).

Practices

- Athletes should change into shorts, a t-shirt, and good running shoes and report to the gym by 2:40pm.
- All practices begin after school and end at 4 pm. Please let the coaches know in advance if your son or daughter cannot make a practice or meet.
- It is a good idea to pack a light snack (energy bar, granola bar, fruit etc.) for your child to have before practice. If you want to send your child with a sports drink or water bottle that's fine, but we'll provide plenty of water breaks.
- As coaches we appreciate in the past all the parents that have picked up their children at or around 4 pm. If your son does not get picked up at 4 pm a coach will stay with the athletes until everyone has left Pilgrim Park.