

Dear SSA Boys Cross-County,

I hope this letter finds you safe and healthy as we manage this most extraordinary time. One of the best ways to stay healthy both physically and emotionally is by exercising. Fortunately for us, running is one of the safer options: we can get outside and maintain social distancing. I encourage all of you to go for a run around your neighborhood or in a local park.

We currently plan to start pre-season practice on Monday, August 17<sup>th</sup>. Every day, before we can practice, we need to complete a health screening as part of the school's Covid-19 related safety protocols. Please arrive by 9:00 a.m. to complete this procedure, so we can begin practice at 9:30 a.m.; we will finish by 11:30 a.m. We will keep to that schedule for the rest of that week and the beginning of the next, and then we will move practice to the afternoon starting on Wednesday the 26<sup>th</sup>. Remember, you also must turn in the annual health form to participate in preseason workouts, so please make sure you take care of that sometime between now and August 17<sup>th</sup>. Download the forms from the school's Website, or call the Athletic Department to get the necessary forms.

So stay safe this summer, go out for a run, read a good book, and I will see you on August 17!

Sincerely,  
Coach Ejzak

Paul S. Ejzak  
English Teacher  
Cross-Country Coach  
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