

Larson Intramural Cross Country 2021 (grades 6-8)



Practice Times: **2:38 - 3:40** meet in room 101(Band Room) after changing into your running clothes. Bring all your belongings with you to room 101(Band Room).

Practice Schedule:

Week of Sept. 13: Tuesday, Wednesday

Week of Sept. 20: Monday, Tuesday, Wednesday

Week of Sept. 27: Monday, Tuesday, **Thursday**

Week of Oct. 4: Monday, Tuesday, Wednesday

Week of Oct. 11: Monday, (**Tuesday-October 12** -Troy High School City Meet 5:15pm)

Week of Oct. 18: Monday, **Wednesday**- (Parent/teacher confer night)

Week of Oct. 25: Tuesday, **Wednesday, October 27** - meet in Lake Orion TBD.

Parents must sign up with the following link: <https://forms.office.com/r/G7ks6JGpMf>

More details on the two cross country meets (competitions) to follow. Be prepared for all types of weather- we will be running outside. Have your ride ready at Larson for pick up at 3:40. Bring a water bottle to practice and proper running shoes (not basketball shoes). "It's fun to run!"

Coach Mr. Crecelius screcelius@troy.k12.mi.us

(please cut below this line and give to coach Mr. Crecelius, band room 101 by Sept.13)

Larson Intramural Cross Country 2021 grades 6-8

I give my son/daughter _____ permission to participate in the **intramural cross country program** at Larson Middle School during the 2021- 2022 school year. I understand this is a **CLUB*** program and that for safety reasons, I **must** pick up my child no later than 3:45.

Time: Begins at 2:38 p.m.

Ends at 3:40 p.m.

Circle your grade: 6 7 8

Dates: Beginning Tuesday, September 13th through the week of October 25th.

- I understand that my child needs a physical to participate in the PUMPKIN RUN MEET. (physical forms are available in the LMS office)
- I understand that I must register with the link above.
- I understand I need to Pay the CLUB FEE \$50* no later than September 30
- I understand that students need a ride by 3:45 from Larson.
- My child needs to join the LMS Cross Country Schoology Group code: **7K5J-DZVJ-PKCZ4**

Signed: _____ Date: _____

*There is a **LMS INTRAMURAL CLUB** fee. To pay, please go to:

<https://www.schoolpay.com/login>

This is a one-time per year LMS Club/IM sports fee (\$50). (Please pay no later than September 30th)

Revised 9/2/2021