

# Larson Intramural Cross Country 2022 (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. 12: Monday, Wednesday

Week of Sept. 19: Monday, Tuesday, Wednesday, Thursday 1 mile run @ Troy High 5pm

Week of Sept. 26: Monday, Tuesday, Thursday

Week of Oct. 3: Monday, Tuesday, Wednesday

Week of Oct. 10: Monday, (Tuesday-October 11 -Troy High School City Meet 5:15pm)

Week of Oct. 17: Monday, Tuesday

Week of Oct. 24: Monday, Wednesday, October 26 - meet in Lake Orion TBD.

Parents must sign up with the following link: <https://forms.office.com/r/PYMHHbe71e>

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](mailto:screcelius@troy.k12.mi.us)

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(please cut below this line and give to coach Mr. Crecelius, band room 101 by Sept.12)

## Larson Intramural Cross Country 2022 grades 6-8

I give my son/daughter \_\_\_\_\_ permission to participate in the intramural cross country program at Larson Middle School during the 2022- 2023 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 Monday, September 12th through the week of October 24th.

- 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 **4BW5-P9FN-SXVN8**

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 9/6/2022