

Larson Intramural Cross Country 2023 (grades 6-8)



Practice Times: **2:50 – 3:45** meet in room 911 (Mrs. Lee's) after changing into your running clothes. Bring all your belongings with you to room 911.

Practice Schedule:

Week of Sept. 11: Monday, Wednesday

Week of Sept. 18: Monday, Tuesday, Wednesday, Thursday 1 mile run @ Troy High 5pm

Week of Sept. 25: Monday, Tuesday, Wednesday

Week of Oct. 2: Monday, Tuesday, Wednesday

Week of Oct. 9: Monday, (Tuesday-October 10 –Troy High School City Meet 5:15pm)

Week of Oct. 16: Monday, Tuesday

Week of Oct. 23: Monday, Wednesday, October 26 - meet in Lake Orion TBD.

Parents must sign up with the following link: <https://forms.office.com/r/WVGJrTCA8i>

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 3:45. Bring a water bottle to practice and proper running shoes (not basketball shoes). "It's fun to run!"

Coach: Mrs. Jennifer Lee jlee@troy.k12.mi.us

(please cut below this line and give to coach Mrs. Lee, room 911 by Sept.11)

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 2:50 p.m.
Ends at 3:45 p.m.

Circle your grade: 6 7 8

Dates: Beginning Monday, September 11th through the week of October 23rd.

- 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 **72WG-2C7P-8NDM7**

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 9/6/2023