



**CARROLLWOOD DAY SCHOOL
ELEMENTARY CROSS-COUNTRY
2024**

Dear Parents,

Your child is interested in participating in the CDS cross-country. The cross-country team is for 1st-5th grade students. The season starts September 5 and ends October 27. The cross-country team runs a 2K.

There is a \$175.00 athletic fee to participate and for meet entries. The sign-ups for elementary athletics are through Veracross. **Proper running shoes are recommended and CDS appropriate workout shorts and shirts are required for all practices. The runners will receive a dry fit shirt during the season which they will use for the meets with pe shorts.**

In order to participate on the cross-country team, students and parents should understand eligibility requirements and information.

- Athletes need to be committed to the team.
- Athletes must demonstrate a cooperative, motivated, well-behaved spirit in all school areas (i.e., at school, during practices and traveling with the team and on the running field).
- Our goal is developing skills, teamwork, sportsmanship, and having fun!
- Please remember to stay hydrated. All runners are required to bring their own water bottle. They can use the elementary refilling station to refill their personal bottle if necessary.
- Due to the exposure to the sun, remember to apply sunscreen.
- **TeamSnap is the new way that athletics communicates with the teams. You will receive an invitation to TeamSnap after the 1st practice. You will need to download the app.**

Please pick up your athletes at the elementary/aftercare carline starting at 4:30. Athletes who are not picked up within 10-15 minutes of the designated pick-up time will be signed into *After Care*. A parent/guardian must pick them up from *After Care*. There is a fee for *After Care* and will be billed at the end of the month.

We look forward to a super season! Thanks for supporting our elementary athletic program.

Nayda Hawkins and Julie Tippett

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Cross Country Practice Dates

We will pick the team on the elementary side, fill up water bottles, change into running clothes, have a snack provided by the parents, and walk over to South Beach. Please pick up on the elementary side at the end of practice. The practices will run from 3:30-4:30.

August 26, 28, 30

September 3, 6, 9, 10, 13, 16, 17, 19, 25, 27

October 1, 4, 9, 15, 17, 21, 22, 24

Cross Country Meets

The cross-country meets will be held at CDS starting at 4:30 on south beach. I will have more detailed information on TeamSnap. We will be hosting the Corbett Preps cross country team. We will need parent volunteers at the meets to help with timing.

September 23

October 2, 7

State Meet-optional

Friday, October 25-FL Runner Elementary Championship @ Lakeland Holloway Park-We will attend this meet as a team or as individuals. This event is an amazing experience for our runners! We had runners place top 20 last year for the boys team. **More information to follow**

3:00 PM Packet Pick Up Opens

4:00 PM Elementary Coaches Meeting

4:30 PM K-2 grade, Boys/Girls 1K unlimited entries

4:45 PM 3rd-5th grade Girls 2K unlimited entries

5:10 PM 3rd-5th grade Boys 2k unlimited entries

Awards following the last race