



CROSS COUNTRY LEAGUE

Sign up now for the Wesleyan Lower School Cross Country League! There will be three practices and one meet in September for **3rd and 4th grade boys and girls** to introduce them to cross country. Participants can purchase a t-shirt for \$15.00 that says “Wesleyan Track & Field League.” Medals will be given out to all participants on meet day.

The dates below do not conflict with the Lower School Girls Running Club led by Anne Jackson. Girls are encouraged to participate in both groups.

Dates:

Practice – Tuesday, September 7th

Practice – Tuesday, September 14th

Practice – Thursday, September 16th

Meet Day (Competition) – Tuesday, September 21st

Information:

- Students will change clothes in the Lower School prior to practice. Please wear athletic shoes and clothing appropriate for the weather (t-shirt, shorts, socks & athletic shoes).
- Chad McDaniel (varsity boys cross country coach) will pick up the participants from carpool at 3:00 pm and walk the children to the Lake Fields to begin practice by 3:10 pm. Parents will pick up children at 3:55 pm from the Natatorium parking lot.

Goals:

- Promoting healthy lifestyles and competition among the children by promoting cross country.
- Practices will include: distance runs, stretching, strides, etc.
- We will teach the children how to stretch, pace themselves, and finish strong.
- **At the meet on September 21st, we will have the varsity cross country team to cheer them on. Please join us!**



SIGN ME UP!!!

Name _____ Grade _____ HR _____

I would like to buy a t-shirt for \$15.00. YES _____ NO _____ Circle size: YS YM YL AS

Please return this sheet to Chad McDaniel in Gillfillan Hall by **Friday, September 3rd**. For further information email cmcdaniel@wesleyanschool.org or call 678.223.2134.