**Grahamwood XC**

**Dear Parents/Guardians,**

 If your child is interested in running cross country for Grahamwood Elementary, then we have great opportunity for them courteous of Memphis Youth Athletics. The Cross Country program is only for boys and girls in grades 3-5 and they will be competing on Monday evenings starting on August 28th and going through October.

There will be a $50 sign up fee that is due to Coach Martin before you arrive for your first competition on August 28th. The sign up fee covers the insurance that is required for your child to participate in this program, MYA fees, and snack fee for season.

**2017 MYA Schedule (subject to change**)

August 28 - MYA #1

September 2 - Twilight (MS only)

September 11 - MYA #2

September 18 - MYA #3

September 25 - MYA #4

October 2 - MYA Championships

October 14 (Saturday) - West TN Regional Championships (TN schools ONLY) - State qualifier

**Race day schedule**

4:45 – Coaches meeting at the starting line
5:00 – 3-5th boys 1 mile race starts
5:20 – 3-5th girls 1 mile race starts
5:40 – 6-8th boys 2 mile race starts
6:10 – 6-8th girls 2 mile race starts
6:40 – clean-up

**Practice Routine**

In order to prepare for competitions (1mile Run) you will have to practice in the following ways:

1. Morning Practices: 2 days a week before school from 7:30-8:00. This will entail running the track 3 times around the track (1mile). Official days we will meet before school are to be determined.
2. Recess practices: Take every opportunity you get on recess to complete at least 1 mile around the track (3 laps).
3. At home practices: Practice running at home with your parents, friends, or siblings the distance of 1 mile several days a week (2-3 days a week).

**Documents needed before your child can participate:**

1. Signed Grahamwood XC letter.
2. Athletic Physical Forms signed by physician and returned. (This document can be found on Coach Martin’s PE website <https://coachmartinpe.weebly.com> , Grahamwood Physical Education Facebook Page and GPTO’s website.

If you and your child are interested in participating in our inaugural cross country season, then please sign this form and return to Coach Martin. Try to return ALL required documents at once.

**Please fill out the following information to participate in XC for Grahamwood.**

**Contact Information Form**

Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Work #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Cell #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby give my permission to allow my child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, to participate in Grahamwood’s XC program through MYA.

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sincerely,

Coach Andrew Martin

Coach Megan Peterson

Coach Rachel Randall

Coach Kraig Coates