

July 9, 2018

Greetings Cross County Parents,

We hope you and your runner are enjoying the summer!

If this message has reached you in error, and your child will not be participating in Cross Country this fall, please let Coach Letizia or Coach Ruesch know in order to remove you from the distribution list. Additionally, if you see someone not on the email (6<sup>th</sup> grade in particular), please forward this letter to them and ask them to email one of the coaches - [gmlletizia@htcms.net](mailto:gmlletizia@htcms.net) or [kwruesch@htcms.net](mailto:kwruesch@htcms.net).

We look forward to beginning a new running season and instilling a lifelong love of running and exercise. With the rapidly approaching season, the coaches are ready to impart the student athletes with the necessary tools to be successful on and off the course.

As you will soon see, the roster is full of talented young student athletes ready to hit the ground running, and with your support and cooperation, to another successful season.

**Optional Pre-Season Practices: *Anyone attending pre-season practices must complete the form below.***

- **Week of July 30 - August 2** 8:00 am-9:00 am -- Meet at South Charlotte Middle School parking lot (Athletes will run in Raintree neighborhood.)
- **Week of August 6-9** 8:00 am-9:00 am -- Meet at South Charlotte Middle School parking lot (Athletes will run in Raintree neighborhood.) - ***Looking for a Parent Volunteer to help with this week's practice.***
- **Week of August 13** Monday and Thursday only 3:30-4:45 - meet at Holy Trinity

#### **Practice When/Where**

- Cross Country officially begins on the week of August 20. Runners should plan to meet outside the cafeteria on the steps.
- Practice will be held every Monday, Tuesday (if no meet), and Thursday from 3:30- 4:45 and optional practice Friday from 3:30-4:30. PLEASE PICK UP YOUR CHILD at 4:45pm at Holy Trinity in front of the Mercy Building.
- The activity bus generally leaves Holy Trinity between 5:00 and 5:15pm (4:30 on Fridays) - usually begins after all sports teams have been chosen.
- Practice will be held in the neighborhood adjacent to Holy Trinity's upper field or at Freedom Park. We will run rain or shine.
- While some people possess natural abilities, as with anything, practice makes perfect. We have tried to schedule practices so that our athletes can participate in other outside activities. With that in mind, we also expect our athletes will run outside of scheduled practice times.  
**Additionally, because the first conference meet is August 28, it is our hope that runners start running NOW. (Runners will be scheduled for the August 28<sup>th</sup> meet at the Coaches' discretion.)**

### Missing Practice/Meets

- Practices/Meets are MANDATORY. This is a COMMITMENT. We understand that things come up, but in order to be prepared and do their best, runners need to be at practices and meets.
- It is the runner's RESPONSIBILITY to let us know if they cannot make a practice through face-to-face contact, email [gmetizia@htcms.net](mailto:gmetizia@htcms.net) or [kwruesch@htcms.net](mailto:kwruesch@htcms.net), or phone 704-527-7822.
- As the season progresses, a runner's inability to make it to the practice the day before a meet, could result in that athlete not participating in the next day's meet.

### Canceled Meets/Practice

- If meets/practices are cancelled, an email and a Remind text will be sent out to parents
- Student Athletes will be notified via loud speaker at school

### What each athlete need for practice:

- Running shorts/pants
- Comfortable t-shirt/long sleeve
- Water bottle – hydration is vital
- Towel - optional
- **Running** shoes - If you go to Omega at the Arboretum, mention HT XC for a discount.
- Watch - optional, but highly recommended

**Schedule of Meets: We are looking for a parent volunteer for setting up carpool to meets and drinks.**

**All meets are for 7<sup>th</sup> and 8<sup>th</sup> grade only, unless otherwise noted.**

- **8/28** at McAlpine
- **9/4** at McAlpine
- **9/11** at McAlpine (Murdock Relays)
- **9/18** at McAlpine
- **Friday, 9/21** (*This is the Hares and Hounds meet, all grade levels compete.*)
- **9/26** at Latin
- **10/4** at Cannon School
- **10/9** at McAlpine
- **10/16** at McAlpine - Championship

**\*\*NOTE to 6<sup>th</sup> grade:** As most of you know, 6<sup>th</sup> grade cannot compete in conference meets. Because of this, we are more flexible with their attendance at practices. We usually run three to four meets, which we are in the process of scheduling.

**\*\*NOTE to All:** You can find the registration and health forms on PlusPortals.

<https://secure.sportability.com/spx/Leagues/Client.asp?ClientID=700>

We look forward to running with your student athletes!!

Happy Running!!

Coaches Gerda Letizia and Katie Ruesch

**HOLY TRINITY SPORTS RELEASE FORM**

Player Name: \_\_\_\_\_  
(Circle one)

Grade: 6 7 8

Home Phone Number: \_\_\_\_\_

E-mail address: \_\_\_\_\_ (print legible)

**PERMISSION AND RELEASE: I, the undersigned parent or guardian of \_\_\_\_\_, gives permission for my child to participate in the activities of the HTCMSAA Athletic Programs. My child is physically able to participate, and in doing so, will in no way harm his/ her health. I further assume all risk and hazards incidental to the conduct of the activities, including transportation to and from the activities. I hereby release, absolve and hold harmless the MACS, the athletic association of the school/parish, the Diocese of Charlotte, the staff, the organizers, and the coaches/supervisors from any and all injury, loss or other damage to us or the above child, arising out of the activities of the program. I grant permission for treatment deemed necessary for a condition arising during participation of the activities, including medical or surgical treatment recommended by a medical doctor. I understand that every effort will be made to contact me prior to treatment. I certify that the medical history I provided is complete and accurate to the best of my knowledge.**

Parent/Guardian Consent: \_\_\_\_\_  
Print Name of Parent/Guardian - & Signature