

Welcome to the 2016 HAWKS CROSS COUNTRY SEASON

Listed below are items your student will need for the season and information about practice:

- A pair of training shoes
- A pair of racing spikes
- A pair of sweats
- A plain white-shirt (long or short sleeves)
- A water bottle/sport drink bottle
- **A watch (with stopwatch)**



Practice will be from 3:45 p.m. to 6:00 p.m. Mon.-thru-Fri. We may go until 6:15 p.m. on days we travel.

When there is no school, practice will be held from 8:00a.m. – 10:00a.m. (Times may vary), this includes Saturdays when we do not have a meet scheduled. Sometimes I give the kids options for practice start times.

There is no practice on Sunday. (Students should run or bike on their own.)

Our home meet will be Thursday, September 29, 2016 and it will be held at Armstrong Park. In order to have this meet run smoothly, I need as many Parents/Family members to volunteer to work as possible. Further information regarding this will be sent home with your student.

If you have any questions, please feel free to contact me at home or at work.

Home # 637-1052 after 6:30 p.m.

Work # 653-2000 or 653-2016 ext. 104 after 8:00 a.m.

E-mail: phawkscc@yahoo.com

Thank you,

Coach Jim Larsen