



Glen Hills Cross-Country

For 4th-8th Grade

Developing Confidence, Cooperation and Character Through Students Athletics

The 2024 Glen Hills Interscholastic Cross-Country season will start with our first practice on Wednesday, September 4th.

-Practice will be at 4:00 p.m. everyday and will end by 4:50. Please plan to be picked up in the **lower bus lot** by **5:00 p.m.** **Please do not have students go up to the front as students need to be supervised by a coach.**

The days we have practice please meet in the gym immediately after school.

*=team practice days **Bold**=meet days

*9/4 - Wednesday - First Day of Practice. Brief workout and team meeting.

*9/5 - Thursday - practice

*9/9 - Monday - practice

*9/10 - Tuesday - practice

9/11 - Wednesday - Race at Brown Deer

*9/12 - Thursday - practice

****9/13 - Friday - Foundation Fun Run Glow Walk at Parkway!!! (not required - highly encouraged)**

*9/16 - Monday - practice

*9/17 - Tuesday - practice

9/18 - Wednesday - Race at Indian Creek Parkway (hosted by Maple Dale)

*9/19 - Thursday - practice

*9/23 - Monday - practice

*9/24 - Tuesday - practice

9/25 - Wednesday - Race at Kletzsch Park (hosted by Glen Hills)

*9/26 - Thursday - practice

*9/30 - Monday - practice

10/1 - Tuesday - Race at Rotary Park (hosted by LakeShore)

*10/2 - Wednesday - practice

*10/7 - Monday - practice

10/8 - Conference Cross Country Race at Kletzsch Park (hosted by Glen Hills and Maple Dale)

10/15 - Pizza Party and Jersey Return

***Student athletes must sign and return an athletic agreement and maintain passing grades in all classes in order to participate.**

A \$25 participation fee is required for all students who participate in an Interscholastic program. This fee will be assessed in Infinite Campus Portal once roster has been finalized.

If your child has your permission to try-out/join this interscholastic athletic program, please complete the form below and return it to the school office.

2024 Cross-Country

Student Name_____Grade_____ Phone_____

Address_____Zip_____

Parent/Guardian Work Phone/ Emergency Number_____

Any health/medical concerns: _____

Parent/guardian signature granting permission _____

_____ **Important Notice:** Please check to confirm you are able to provide transportation to away games as bussing is not available for our athletes at this time. Please list what dates you are able to help with.