

Walker Elementary Cross Country Team 21-22!

Parents' Meeting: Friday, August 27th @ 3pm on the school track **Information + Season Details + Answer Questions +** **Meet Coach and Teammates**

Cross Country is both an individual and team sport in which participants run on outside courses of mainly grass and compete against other individuals and teams. For students of this age (Elementary) the course distance and racing groups are as follows:

K-2: half mile run ~ 3-4: one mile run ~ 5-6: one mile run

Cross Country will meet every Friday (school is in session) from after school until 4pm.

Students will need to be picked up promptly at 4pm from the back of the school.

Students will need to be ready for running practice with running shoes and clothes, a water bottle and a great attitude.

If a student needs help with bringing any item, please let us know.

If you have any questions please contact the team sponsor:

Tiffany Eslick

479.841.6990

tiffanymichelle47@gmail.com

This season's Elementary Cross Country Races:

Wednesday, September 22 at Har-Ber HS @ 4pm

Wednesday, October 13 at Sonora MS @ 4pm

Wednesday, October 27 at Sonora MS @ 4pm

(More information on the races to come.)

Student Name: _____ Grade: _____

Parent/Guardian Name: _____

Phone #: _____ Email: _____

My child, _____, has permission to participate in the Walker Elementary Cross Country Team and will attend practices ready to have fun each week. I agree that my child is a voluntary participant and is in good physical condition to participate. I hereby waive any and all claims for my child against Walker Elementary, Springdale Public Schools and any sponsors, organizers and volunteers of this organization for any injury or illness resulting from participating.

I, _____, will pick my child up from Walker Elementary promptly following the end of Cross Country practice on Friday afternoons at 4pm.

I, _____, will communicate any issues that may arise (physical issues/timing/needs) with the sponsor of the Cross Country Team, Tiffany Eslick, or the Principal L. Ryan as soon as possible.

Parent/Guardian Signature: _____