

Dear XC Parent/Guardian,

In an effort to help your child prepare for the middle school cross country season next fall, I will be offering guided training at the middle school throughout the summer. The focus of these sessions will include endurance, strength, form, and injury prevention.

I would like to make myself available, for those athletes who are interested, a couple of times per week. The workout schedule as well as other training information will be shared as a link with your son/daughter (wdpxc.blogspot.com). This is where I will communicate the days and time that I plan on working out at the middle school. Other workout suggestions for the days that athletes train independently will also be shared here.

In order for your child to be eligible to workout with me and the team this summer, please verify that he/she has an up-to-date physical and emergency card on file at the middle school. If needed, this can be verified with Ms. Schinke in the middle school office.

If you have any questions, please do not hesitate to contact me (rllokken@wdpsd.com).

Thank you,
Ryan Lokken

Return this portion by *Friday, May 27 to Mr. Lokken in room 605.*

I give permission for my son/daughter

to participate in cross country training sessions this summer at the middle school.

Student-Athlete's school email address _____

My child has an up-to-date physical on file at the middle school:	Yes	No
My child has an emergency card on file at the middle school:	Yes	No

Parent Signature

Date

Phone number parent can be reached in case of emergency

