

**Welcome 2017 Cross Country  
Athletes and Parents!**

This brief memo is to extend a warm welcome from your coaches Mr. Mejlaender, Mr. del Pilar, Mrs. Salmon and Mr. Landon; please direct your attention to our website for all pertinent season information~ [www.ims.issaquah.wednet/Sports/Crosscountry](http://www.ims.issaquah.wednet/Sports/Crosscountry). Included on the site are our philosophy, meet and training schedules, Frequently Asked Questions, etc.

At each meet, the 6<sup>th</sup> grade athletes run first. Numbers permitting we will combine 6<sup>th</sup> grade boys and girls, then we will run 7<sup>th</sup>/ 8<sup>th</sup> **boys** or **girls** alternately, indicated by **B / G on the schedule**. Meets last approximately 1- 1.5 hours- typically from 3:45 P.M. - 5:15 P.M. ***Our Meet Schedule is printed on the back of this letter sent home.***

Items to remember:

1. Parental permission (**a written note**) to return home from Away Meets OTHER than on the team bus **is required**.
2. Passing grades and appropriate behavior is required for continued participation.
3. Proper footwear and attire, hydration and nutrition will be strongly encouraged throughout the season.
4. PLEASE pick up your athlete after practice or meets in a timely manner.
5. Athletes WILL train off campus and need to adhere to our safety expectations: running in groups, following all traffic rules and checking in upon return to campus.

**Parent Volunteers are needed at our two Home Meets:**

***Beaver Lake @ I.M.S. Thursday, October 12<sup>th</sup>***

***Pine Lake @ I.M.S. Thursday, Oct. 26<sup>th</sup>***

***Please contact us if you can assist.***

Sincerely- and with great anticipation for another successful season,

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