

Cross Country

3rd – 8th Grade Students

Welcome to the 2013-2014 Lake Castle Cross Country Team. Shelley Luscy and Craig Sweeney will be coaching the upcoming season.

Here is a quick run-down of what cross country is all about:

- The season runs from the first week of school until mid-October
- 3rd – 6th graders run 1 mile
- 7th and 8th graders run 2 miles
- Meets are held after school at St. Thomas Aquinas in Hammond. There may be an additional meet, but it will be here in the Mandeville /Covington area.
- Meet format: 3rd / 4th grade girls followed by 3rd/4th grade boys
5th / 6th grade girls followed by 5th / 6th grade boys
7th / 8th grade girls followed by 7th / 8th grade boys

Parents are responsible for providing their own transportation to the meets.

Practices:

- * Begin Monday, August 26
- * Mondays, Tuesdays, & Thursdays after school until 4:15 P.M.
(*Parents must be prompt in picking up their children. Students will be escorted to ASC at 4:15 P.M. if their parents are not on site. **ASC charges** will be incurred from 4:15 P.M.*)
- * **Mandatory attire:** gym shorts and running shoes (**no school shoes** – students will **not** be allowed to run if they forget their running shoes!)
- * Bring water / water bottle to practice.

The team fee is \$25 (make checks payable to **Lake Castle**). Please fill out following form and send to Mrs. Harvey during the week of August 5.

This is a very large cross country team with a vast array of ages and skill levels. A successful season requires a great amount of organization and parent participation. It is crucial we are all on the same page. **Therefore, we will hold a mandatory meeting for parents on Thursday, August 22 at 4:15 P.M.**

Looking forward to a great season!! Please contact me with any questions or concerns.

Shelley Luscy
kevinandshelley@charter.net
985 892-4621

LCCC

(Return to Mrs. Harvey during the week of August 5)

Student's Name _____ Homeroom _____

Parent's names: _____

1st contact phone # _____ Contact's name _____

2nd contact phone # _____ Contact's name _____

Email address you would like to receive information: _____

** Communication will be done via email

In an Emergency call: _____ # _____

After practice student will be dismissed to:

_____ ASC _____ parent / guardian