

# Aylen Cross Country

Dear parent and student athlete,

I hope your daughter shows interest in our non-cut cross-country program. Our program is designed to get the girls in shape, have fun, feel good about what they can accomplish and most of all, be part of a team that truly is a lifetime activity.

Cross Country is a sport in which teams (from all 7 Puyallup Jr. Highs) and individuals run a race over natural terrain. Junior High courses are typically 1.75 to 2 miles long. Cross Country is both an individual and team sport. Runners are scored on individual times, trying to get a personal record, and also on team points. The top 5 runners from each school are scored as a team.

Our first practice is on Tuesday, September 5<sup>th</sup>, 2017. This is the first day of school. Practices will be from 2:30 to 4:15. An activity bus is available at 4:30 except for Fridays. (Away meet days, cannot be assured of return time to Aylen for Activity bus)

The following must be completed to be eligible to turn out for Cross Country:

Clearance: Clearance is issued to students by Aylen's Athletic Director Brett Kapels. To get cleared for cross country please go on line for more information and the steps to follow at: [Athletic Clearance Page](#)

or copy and paste the following into your browser:  
<https://www.puyallup.k12.wa.us/cms/One.aspx?portalId=141151&pageId=1206942>

All needed information is listed on this web site.

## **Clearance Day:**

September 5<sup>th</sup>, first day of school. All paper work must be completed before you may practice. If you cannot get cleared by Sept. 5<sup>th</sup>, your daughter can watch practice, but not participate. Girls need 8 practice days before they can run in a meet.

Girls need to bring work out clothes (running shoes, socks, shorts, t-shirt and a water bottle)

We intend to have fun, run a little faster and set goals for ourselves. If you are interested at all, I hope you find a friend and get out and run a little this month. Your daughter will be either be running for fun or for competition. She will build Endurance, Character, Friendships, Strength, Discipline and Respect for her and her team mates

Hope to see your daughter turning out in September. Enjoy your last month of vacation.

If you have any questions at all please e-mail me. [laimahuston@comcast.net](mailto:laimahuston@comcast.net)

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