

Dear Cross Country Parents and Runners,

The Exploris Cross Country season is here again! Please read through this packet thoroughly and **return ALL forms** by September 1st. **Students will not be able to participate in practice without an Athletic Participation Form that has been signed by a parent.** We need a copy of a doctor's physical dated August 2014 or later. Exploris does not retain forms from previous school years.

Team Goals

Exploris Cross Country provides a cooperative and competitive environment for students to develop as runners. In order to be successful, students should commit to the following four goals:

- **Train:** In order to improve as a runner, you have to run. Being at practices and running with the team will help you improve. You are expected to run on your own 1-2 times a week.
- **Commit:** Make cross country a priority in your life. In addition to the training, eat well, get your rest, and stay hydrated.
- **Compete:** Work hard to improve yourself as a runner. This doesn't necessarily mean winning races, but it does mean improving individual performances by pushing yourself at practices and at meets.
- **Enjoy:** To make running part of your life, you need to view running as a generally pleasant experience. Hard work, supportive teammates and coaches, and a variety of running experiences will help you, and everyone else on the team, have fun.

Registration Fee

There will be **no fee** for cross country this year. **In lieu of a registration fee this year, we would like to encourage all runners to participate in a community event listed on the team schedule.** We are happy to accept small donations to the team in the form of a *check*.

Carpool and Other Important Information

- Practice will be held *Tuesday and Thursday* every week throughout the season from 3:15-4:15pm. **Students must be picked up promptly from practice (by 4:30pm).** After 4:30, runners will be sent to After School and charged the drop-in rate (\$10 to start)
- **Parent pick-up is in the Ugly Monkey parking lot.** Please follow carpool procedures (pull up as far as possible, circle the block if your child is not ready).
- Students are required to have a **reusable water bottle** labeled with their name for practices and meets.
- Runners are expected to do additional running at home in order to improve their endurance and times throughout the season.

Uniforms

Exploris has a team set of uniforms. Each runner will receive a uniform before the first meet. This uniform must be returned in good condition at the end of the season.

2015 Team Schedule

- Tuesday, September 1st - All forms due, first practice
- Thursday, September 3rd - Parent Meeting, 4:15 in 7th or 8th grade classroom
- Thursday, September 10th – 4:00pm Exploris Purple vs White meet at Walnut Creek Wetland Center
- Thursday, September 17th - 4:00pm Meet at Ravenscroft School
- Sunday, September 13th – 2:00pm Oak City Mile (Optional race. \$20 fee until 8/31/15)
- Tuesday, September 22nd – 4:00pm Meet (annual jamboree) at Wake Med Soccer Park
- Wednesday, September 30th - End of Season Fun Run with Exploris Elementary Run Club

Oak City Mile - Sunday, September 13th

To register, visit <http://oakcitymile.itsyourrace.com> Please sign up for the **youth mile** for 17 and under.

Volunteers Needed

We will need **volunteers** to help support the team this season. Any assistance you can provide is appreciated! Go to <http://tinyurl.com/ExplorisXC> to sign up to run with the team, provide snacks, and more!

Exploris is proud to always have strong and determined runners. We're looking forward to a great season!

Thanks for your support,
Meredith Cheetham and the Exploris XC Coaches