

# McComb Panther



August 22, 2022

Dear Parents,

Students in grades K-6 will have the chance to participate in Elementary Cross Country. Practice will be after school until 4:00 p.m. on Mondays and Wednesdays. Athletes will meet in the cafeteria. Children will be dismissed from door 6 by the gym.

First Practice: Wednesday, September 7<sup>th</sup>

Last Practice: Wednesday, October 12<sup>th</sup>

BVC 1 Mile Run @ McComb: Saturday, October 15<sup>th</sup>

Cost: \$15

What do they wear for practices? Athletes should dress in layers and wear tennis shoes. For our practices, we will stretch, run, and play games. They will want to bring a water bottle. If it is chilly, we will still have practice so dress appropriately.

Communication will be through the band app. Once you turn in the form, you will be added to the Elementary Cross Country band using the telephone number provided. This is where you will find information about practices and meets.

Many of the meets that the junior high/high school team go to will have races for elementary runners. There is an entry fee for these races which range from \$1-5. There is no obligation to run any of the meets. Your child can participate in as many meets as you would like as each athlete pays his or her own meet entry fees.

The cost of the elementary cross country program is \$15, which covers the cost of a t-shirt. The t-shirt will be worn with black shorts/pants for any races the athlete competes in.

On Saturday, October 15th, we will be hosting the Blanchard Valley Conference Cross Country at the school/golf course area. The goal of the season is for each athlete to get in shape to run the mile or to run the mile faster than at the beginning of the season.

If your child is interested in participating, please fill out and return the form on the next page. Forms can be mailed to school - Attn: Cross Country, McComb School, 328 S. Todd Street McComb, OH 45858 or dropped off at school. Forms should be received by Wednesday, September 7<sup>th</sup>. If you have any questions, please contact Coach Steve Rider at [riders1@mccombschool.org](mailto:riders1@mccombschool.org) or Coach Jen Beckman at [beckmanj@mccombschool.org](mailto:beckmanj@mccombschool.org).

Thank you,

Coach Rider and Coach Beckman

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Student Name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

T-shirt Size (Please indicate youth or adult size) \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Does your child have any medical conditions that we should know about?

\_\_\_\_\_  
\_\_\_\_\_

How will your child get home after practice?

\_\_\_\_\_ Walk \_\_\_\_\_ Picked up \_\_\_\_\_ Other \_\_\_\_\_

\*Kids should be picked up promptly at door 6.

My child has permission to participate in the elementary cross country program.

\_\_\_\_\_ My child's picture can be posted on the McComb Track/CC Facebook page.

\_\_\_\_\_ My child's picture can't be posted on the McComb Track/CC Facebook page.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Forms and \$15 due by Wednesday, September 7<sup>th</sup>. Please drop off or mail forms.  
Checks can be made to McComb Athletic Department.