

McComb Panther



August 8, 2019

Dear Parents,

We will be offering an elementary cross country program for boys and girls in grades 4th-6th. We want to give students an opportunity to try cross country.

The way this program works is that we will have practices after school until 4:15 p.m. on Tuesdays and Thursdays. Children will be dismissed from door 6 by the gym. Below is the list of dates we will have practice.

Thursday, September 5th

Tuesday, September 10th

No practice September 12th as high school/junior high have a meet in Riverdale

Tuesday, September 17th

Thursday, September 19th

Tuesday, September 24th

Thursday, September 26th

No practice Tuesday, October 1st as high school/junior high at Patrick Henry

Thursday, October 3rd

Tuesday, October 8th

Thursday, October 10th

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 may want to bring a water bottle. If it is chilly, we will still have practice so dress appropriately.

If it is raining, practice will be cancelled and you will be notified through Remind. Please make sure you are signed up. To join remind, please text @runmcc to (419) 546-0728.

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 child pays his or her own meet entry fees.

Elementary Meets

- 9/21 Van Buren Invite(at Owens Community College in Findlay)
- 9/28 Kalida Invite (at Kalida Fish and Game Club)
- 10/5 McComb Panther Invite - Home Meet (at McComb School/Golf Course)
- 10/12 BVC Meet (at Owens Community College in Findlay)

More information about each meet will be given closer to the date of the meet.

For meets, they can wear any McComb or Red or Black shirt they have. If you would like, you can order a cross country t-shirt at Tees, Tees, and more.

On Saturday, October 5th, we will be hosting a cross country invite at the school/golf course area. The entry fee for this race is \$1.00 per child. Each participant will receive a ribbon. The first boy and first girl will receive a medal.

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 4th. If you have any questions, please contact Coach Steve Rider at riders1@mccombschool.org or Coach Jen Beckman at beckmanj@mccombschool.org.

Thank you,

Coach Rider and Coach Beckman

McComb Panther



Student Name _____

Age _____ Grade _____ Teacher _____

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 4:15 p.m. 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 due by Wednesday, September 4th 2019. Please drop off or mail forms.