

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
				Cross Country Paperwork Due		
10	11	12	13	14	15	16
	Practice 3:05p- 3:50p	Practice 3:05p- 3:50p	Practice 3:05p- 3:50p	Practice 3:05p- 3:50p	Practice 3:05p- 3:50p	
17	18	19	20	21	22	23
	Practice 3:05p- 3:50p	Practice 3:05p- 3:50p	Practice 3:05p- 3:50p	Cross Country meet at Niles West -Start time 4:15pm	Practice 3:05p- 3:50p	
24	25	26	27	28	29	30
	Practice 3:05p- 3:50p	Cross Country meet at Lincoln Hall -Start time 4:15pm				



2023

Dear Students and Parents,

Cross Country season is fast approaching! Our first practice will be on September 11th. Practice takes place after school from 3:05-3:50. Please come prepared with gym shoes, your PE uniform, a water bottle, and any other materials needed as practice may take place outside. A detailed calendar will be shared with cross country participants directly. The meets are currently scheduled for September 21 at Niles West and September 26 at Lincoln Hall.

Sixth and seventh graders will run one mile and eighth graders will run a mile and a half. All races will be on a grass course. Meets will last from 1-2 hours. After the meet, the students may ride the bus back to Culver. If departing with a parent, please see one of the coaches before leaving.

After practices, students will be able to take the after school bus or be picked up by a parent/guardian. If a student is being picked up, they must be picked up in the **main entrance**. Please be sure students are picked up by 4 p.m. at the latest.

If you have any questions, please feel free to reach out! Thank you and I look forward to a great season!

Ms. Cerney
Coach

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