

# Cougar Cross Country 2017



## Call-out/Informational Meeting Thursday, May 18 at 5:30 at GCJHS

Dear Students and Parents:

My name is Mike Foster, and I am the girls' and boys' cross country coach at Greenfield-Central Junior High School. Our cross country program at GCJHS is open to all incoming 7<sup>th</sup> and 8<sup>th</sup> grade students, but we have some summer programming that extends to 6<sup>th</sup> grade students as well. We would love for the 2017 season to be the best ever! Below you will find an outline of some of our upcoming events and programming. If you have friends that did not receive this letter and would like to give running a try, please feel free to bring them along.

### **Rank One Forms and IHSAA Physical**

In order to participate in any of the events/activities below, all required forms and an IHSAA physical must be submitted to the GCJHS Athletic Office. See web address below for details.

**Required forms** - <http://gcjhsathletics.weebly.com/>

### **Summer Conditioning (open to all GCSC and St. Michael's 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students)**

We will be meeting every Monday and Thursday at 8:00 AM from June 12 to July 13 at the GCJHS track. These sessions will last one hour and will include a warm-up, stretch, running workout, and a cool-down stretch. There is no cost to participate in these workouts. Drinks will not be provided, so please remember to bring water or a sport drink each day.

### **Cougar Cross Country Camp (open to all GCSC and St. Michael's 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students)**

We are offering a junior high cross country camp during the summer as an extra training opportunity and a fun way to get students excited about the upcoming season. We will meet at Brandywine Park, July 17-20 from 8:00 to 10:30am. See camp registration form for detailed camp information.

### **2017 GCJHS Fall Cross Country Season (open to GCJHS and St. Michael's 7<sup>th</sup> and 8<sup>th</sup> grade only)**

At the junior high level, runners train for a 3-kilometer (1.86 miles) race. We are a no-cut sport, which means anyone who wants to participate can be on the team. There is also no "bench" in cross country, and every runner will be given the opportunity to run in every meet provided that they are eligible. We meet every day after school until 5:00 and participate in competitions 1-2 times per week.

If you have any questions, please contact me using the information below.

**(317) 748-8039**

**mfoster@gcsc.k12.in.us**

**gcjhsxc.weebly.com**

I hope everyone enjoys the summer, and I look forward to seeing all of you soon!

Sincerely,  
Mike Foster  
GCJHS Cross Country