



Please join us on Sunday, August 14 at 3:45 p.m. in Hehman Hall for our:

2016 CKS Cross Country

“Take Your Marks”

Parent/Runner Meeting

Get the information you need, complete registration, and order uniforms.

#HonorAndRespect

2016 Christ the King Cross Country Runners Theme

2016 CROSS COUNTRY INFORMATION

Practice Begins Wednesday, August 17 right after school!

Cross Country Training: 1st-4th grade runners train on Mondays from 3:15 - 4:00 p.m.
5th-8th grade runners train on Tuesdays and Thursdays from 3:15-4:00 p.m. (NOTE: 5th - 8th runners will practice on one WEDNESDAY, Aug 17 preparing for the meet on Aug 24.)

Students to drop off their backpacks neatly in the hallway at the edge of Hehman Hall. Runners should bring running shoes, light weight clothing and a water bottle. Some children are hungry at the end of school and a very SMALL snack may be brought if needed (no apples). Parents should be ready to pick up their children by 4 p.m. at the HEHMAN HALL entrance. Parents remaining on the grounds while their children train are asked to assist by manning a driveway to hold and allow traffic through while practice is taking place on the property sidewalks.

Training: Warm up, several laps around the school/church lot on the sidewalk (each lap is 1/2 mile) and we generally finish with interval training sprints on the grass or in the parking lot.

Who can join? Any runner in 1st - 8th grade. Note: 1st and 2nd graders may join the team with the permission of a coach and the signature of a parent or guardian.

7 Meets in Frankfort: Wednesdays beginning August 24. Last weekly meet will be Sept 28. The Capitol View Classic is an optional invitational meet we encourage the runners to participate in. This year the Capitol View Classic is scheduled for Saturday, Oct 1 and we will compete between 10 and 2 p.m.

Weekly Meets Starting Times:

- 5th-8th grade GIRLS Race at 5:30 p.m.**
- 5th-8th grade BOYS Race at 5:40 p.m.**
- 4th grade and under GIRLS Race at 5:50 p.m.**
- 4th grade and under BOYS Race at 6:10 p.m.**

Location: The meets take place on the grounds of The State Library and Archives (site of the Vietnam War Memorial) located in Frankfort, Ky on US 676 approximately 3 miles off of I-64.

Directions: I-64 (west) to Exit 58, then right on US 60 toward Frankfort. Go 1 mile, then left on US 676. Follow the signs to the Vietnam War Memorial/Archives.

Requirements: Registration fee \$50, a CKS Cross Country Release Form, running shoes, team spirit, a willingness to achieve and a solid work ethic.

End of the Season Party:

- 1st-4th grade runners**_Wednesday, Oct 5 immediately after school in Hehman Hall. Runners will be ready for pickup at 4:15 p.m.
- 5th-8th grade runners**_Thursday, Oct 6 immediately after school in Hehman Hall. Runners will be ready for pickup at 4:30 p.m.

Coaches: Patty Schuette, Colleen Harned, Kathryn Allen and Krina Fry
WE NEED VOLUNTEERS! PLEASE LET US KNOW IF YOU ARE AVAILABLE TO HELP AT PRACTICES AND/OR AT MEETS!

Please feel free to contact us with questions about the cross country team. Email works best. Direct your questions to: CKSCrossCountry@gmail.com

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2016 Christ the King Cross Country Runners Theme

Discipline · Determination · Endurance · Strength



OFFICIAL 2016 REGISTRATION/RELEASE FORM*

Cross Country Runner \$50 fee. \$25 for each additional runner in same family.
Uniform order form is separate and must be submitted by August 22, 2016.

Runner: _____ Grade: _____ Fee: _____

Runner 2: _____ Grade: _____ Fee: _____

Runner 3: _____ Grade: _____ Fee: _____

Address: _____

Parent Contact Phone: _____

Additional Emergency Contact/Phone: _____

* 1st/2nd Graders must obtain permission from Coach: _____

and Parent: _____ Date: _____

RELEASE FORM

I hereby give permission for my child to participate in cross country training and meets and for the coaches to obtain necessary medical care for my child. I recognize that injury is a distinct possibility from running. I hereby waive and release any and all claims of any nature that I may have against Christ the King/School/PTO, their employees, members and coaches for any and all injuries or damages of any nature that my child may suffer while taking part in the activities connected with Christ the King Cross Country running. I also understand that I will be responsible for any damages resulting from my child's actions to any of the facilities being used for practice or meets.

Date: August _____, 2016

Signature of Parent/Guardian: _____

Print Name: _____

Email Address: _____

(Please print neatly.)

Discipline · Determination · Endurance · Strength

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

BLAST!!
Parent CC Meeting
3:45 p.m.
Hehman Hall

First Day of School
PRACTICE:
5th-8th grade
3:15-4:00 p.m.

PRACTICE:
5th-8th grade
3:15-4:00 p.m.

PRACTICE:
1st-4th grade
3:15-4:00 p.m.

PRACTICE:
5th-8th grade
3:15-4:00 p.m.

Frankfort Meet
CC MEET:
1st-8th

PRACTICE:
5th-8th grade
3:15-4:00 p.m.

PRACTICE:
1st-4th grade
3:15-4:00 p.m.

PRACTICE:
5th-8th grade
3:15-4:00 p.m.

Frankfort Meet
CC MEET:
1st-8th

PRACTICE:
5th-8th grade
3:15-4:00 p.m.

Sept - Oct 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PRACTICE: 1st-4th grade 3:15-4:00 p.m.	PRACTICE: 5th-8th grade 3:15-4:00 p.m.	Frankfort Meet	Oktoberfest Set-up No Practice	Oktoberfest	OktoberDASH Family Run
4	5	6	7 CC MEET: 1st-8th	8	9	10
	PRACTICE: 1st-4th grade 3:15-4:00 p.m.	PRACTICE: 5th-8th grade 3:15-4:00 p.m.	Frankfort Meet	PRACTICE: 5th-8th grade 3:15-4:00 p.m.		
11	12	13	14 CC MEET: 1st-8th	15	16	17
	PRACTICE: 1st-4th grade 3:15-4:00 p.m.	PRACTICE: 5th-8th grade 3:15-4:00 p.m.	Frankfort Meet	PRACTICE: 5th-8th grade 3:15-4:00 p.m.		
18	19	20	21 CC MEET: 1st-8th	22	23	24
	PRACTICE: 1st-4th grade 3:15-4:00 p.m.	PRACTICE: 5th-8th grade 3:15-4:00 p.m.	Frankfort Meet	PRACTICE: 5th-8th grade 3:15-4:00 p.m.		Annual Capitol View Classic (optional)
25	26	27	28 CC MEET: 1st-8th	29	30	1 Invitational 10 a.m.-2 p.m.
			End-of-the Season Party 1st-4th	End-of-the Season Party 5th-8th		
2	3	4	5 Hehman Hall	6 Hehman Hall	7	8

Updated: 7/26/16