

2019 CROSS COUNTRY (CC) INFORMATION

Runners/Fans Share Something Special: During the 8 weeks we are together we will run, laugh, enjoy one another and at meets we will pray and cheer for each runner. The spirit of community and camaraderie in the CKS CC program is especially life giving to our youth. We all need to be a part of something bigger than ourselves and so we remain ever thankful to have a CC community spirit that is extraordinary. God is good!

1st - 4th Grade CC Training: These runners train on Mondays from 3:00 - 4:00 p.m.

5th - 8th Grade CC Training: These runners train on Tuesdays and Thursdays from 3:00-4:00 p.m. (NOTE: 5th - 8th runners will practice on one WEDNESDAY, Aug 14.)

Immediately after school the students meet, drop off their backpacks in Hehman Hall, and proceed to the restrooms where they change into lightweight clothing and running shoes. Each runner should bring a water bottle and a SMALL snack (no apples). Parents if you are staying on the grounds during practice please help us by covering a driveway to direct traffic while the runners are 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.

PICKUP: Parents should be ready to pick up their children by 4 p.m. at the HEHMAN HALL steps.

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.

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

5 REGULAR SEASON MEETS IN FRANKFORT: Wednesdays, August 21 through Sept 18. The Wednesday meets take place on the grounds of the The State Library and Archives (site of the Vietnam War Memorial) 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. **ADDRESS:** 300 Coffee Tree Road, Frankfort, KY 40602.

Weekly Meets Starting Times:

- 4th grade and under GIRLS Race at 5:30 p.m.**
- 4th grade and under BOYS Race at 5:40 p.m.**
- 5th-8th grade GIRLS Race at 5:55 p.m.**
- 5th-8th grade BOYS Race at 6:10 p.m.**

1 REGULAR SEASON MEET IN VERSAILLES: Tuesday, Sept 10 starting at 5:30 p.m. at the Falling Springs Arts and Recreational Center. **ADDRESS:** 275 Beasley Rd, Versailles, KY 40383

1 PARISH OKTOBERDash: Saturday, Sept 21. Details TBA

1 CHIC-FIL-A District 6 INVITATIONAL (W. Jessamine HS): Saturday, Sept 28. Details TBA

End of the Season Party:

- 1st-4th grade runners**_OCT 8 immediately after school in Hehman Hall. Runners will be ready for pickup at 4:15 p.m.
- 5th-8th grade runners**_OCT 9 immediately after school in Hehman Hall. Runners will be ready for pickup at 4:15 p.m.

Coaches: Patty Schuette, Kathryn Allen and Krina Fry
WE NEED VOLUNTEERS! PLEASE LET US KNOW IF YOU ARE AVAILABLE TO HELP.

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

#WORTHWHILE = VALUE TOMORROW

2019 CKS CROSS COUNTRY SCHEDULE

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Register at Back to School BLAST!! 11	12	13	PRACTICE: 5th-8th grade 3-4 p.m. 14	PRACTICE: 5th-8th grade 3-4 p.m. 15	16	17
REST You Are In TRAINING 18	PRACTICE: 1st-4th grade 3-4 p.m. 19	PRACTICE: 5th-8th grade 3-4 p.m. 20	Frankfort Wed CC MEET: 1st-8th 21	PRACTICE: 5th-8th grade 3-4 p.m. 22	23	24
REST You Are In TRAINING 25	PRACTICE: 1st-4th grade 3-4 p.m. 26	PRACTICE: 5th-8th grade 3-4 p.m. 27	Frankfort Wed CC MEET: 1st-8th 28	PRACTICE: 5th-8th grade 3-4 p.m. 29	30	31

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	NO PRACTICE: HOLIDAY 2	PRACTICE: 5th-8th grade 3-4 p.m. 3	Frankfort Wed CC MEET: 1st-8th 4	PRACTICE: 5th-8th grade 3-4 p.m. 5	6	7
REST You Are In TRAINING 8	PRACTICE: 1st-4th grade 3-4 p.m. 9	Versailles Tue CC MEET: 1st-8th 10	Frankfort Wed CC MEET: 1st-8th 11	PRACTICE: 5th-8th grade 3-4 p.m. 12	13	14
REST You Are In TRAINING 15	LAST PRACTICE: 1st-4th grade 3-4 p.m. 16	NO PRACTICE: REST WEEK 17	Frankfort Wed CC MEET: 1st-8th 18	NO PRACTICE: REST WEEK 19	20	OktoberDASH: HAVE FUN! 21 1st-8th
REST You Are In TRAINING 22	Practice for W. Jess Invitational 3rd-8th 23	Practice for W. Jess Invitational 3rd-8th 24	REST For Invitational on Saturday 25	Practice for W. Jess Invitational 3rd-8th 26	27	W. Jessamine Invitational 28 3rd-8th

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	 Helman Hall PARTY 1st - 4th 8	 Helman Hall PARTY 5th - 8th 9	10	11	12

Updated: 8/5/19



OFFICIAL 2019 REGISTRATION/RELEASE FORM*
Cross Country Runner \$50 fee. \$30 for each additional runner in same family.

Runner 1: _____ Grade/Gender: _____ / _____ \$50 Fee: \$50

ALLERGY TO? _____

Runner 2: _____ Grade/Gender: _____ / _____ \$30 Fee:

ALLERGY TO? _____

Runner 3: _____ Grade/Gender: _____ / _____ \$30 Fee:

ALLERGY TO? _____

Runner 4: _____ Grade/Gender: _____ / _____ \$30 Fee:

ALLERGY TO? _____

Total Fees: \$

Home Address: _____ City _____

Emergency Contact Phone: #1 _____ #2 _____

* 1st/2nd Graders must obtain permission/signature from a Coach: _____
and Parent: _____ Date: _____

CROSS COUNTRY PARTICIPATION 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 _____, 2019

Signature of Parent/Guardian: _____

Print Name: _____

Email Address: _____

(Please print neatly.)