



CKS Cross Country (~~CC~~→) “Take Your Marks”

Welcome to the CKS CC!

The CKS CC program introduces elementary and middle school students to the sport and fun of running. As an introduction to competitive cross country running (on grass), our efforts focus on training exercises that encourage the strength and endurance needed to achieve a goal (a PB-personal best time) and develop a team where individual work makes EVERYONE faster. Our runners walk into the first day of practice with different levels of athletic ability and a wide range of sports experience. Some have never participated in any sport, and some play 2, 3, or 4 sports throughout the year.

Whatever their athletic experience, they all fall prey to coaches who challenge them to dash, sprint, and run on the sidewalk surrounding the CTK property. Bahahaha! Their activity supplies them with fresh air, expends extra energy, and increases their strength, so they run faster and sleep better! If we do not push them too hard, they may find the joy in running that can be carried for a lifetime.

On Wednesday evenings throughout the season, we compete as a TEAM running in the Frankfort Archives All Comers meets. (See info sheet for details.) Their times are recorded and illustrate their improvement week by week.

At the end of the season, our young runners celebrate the victories that came from working hard with friends that cheered them on! The CC team and community offer our runners a level of camaraderie that is 2nd to none. As a result, our runners gain positive feedback throughout the season, and that alone is worth a team celebration!

We invite all CKS students from 1st-8th grade to come and enjoy the fun! We are looking forward to another fantastic season!

#RunningLikeTheWind
#WeAreSent

2022 CKS Cross Country Program

Runners Training Sessions: Effective August 11, 2022

1st - 4th Grade CC Training: Mondays from 3:00 - 3:45 p.m. and optional Thursdays from 3:00 - 3:45 p.m.

5th - 8th Grade CC Training: Tuesdays and Thursdays from 3:00-3:45 p.m.

We will train in the rain, but cancel activities if there is lightning.

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.

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: consists of warm up, several laps around the school/church lot on the sidewalk (each lap is 1/2 mile) and a finish with sprints in the parking lot. Sprints are a favorite training activity for those who dream of breaking a world record someday...and those who are just competitive:) Lots of fun on the starting line at the end of practice!

PICKUP: Parents should be ready to pick up their children by 3:45 p.m. at the HEHMAN HALL steps.

REQUIREMENTS: Registration fee \$60, a CKS Cross Country Release Form, and running shoes.

MEET SCHEDULE: 6 Wednesday meets for 1st - 8th in Frankfort

* Wednesday, Aug 17: Frankfort State Library and Archives at 300 Coffee Tree Rd, Frankfort, KY 40601

* Wednesday, Aug 24: Frankfort State Library and Archives at 300 Coffee Tree Rd, Frankfort, KY 40601

* Wednesday, Aug 31: Frankfort State Library and Archives at 300 Coffee Tree Rd, Frankfort, KY 40601

* Wednesday, Sept 7: Frankfort State Library and Archives at 300 Coffee Tree Rd, Frankfort, KY 40601

* Wednesday, Sept 14: Frankfort State Library and Archives at 300 Coffee Tree Rd, Frankfort, KY 40601

* Wednesday, Sept 21: Frankfort State Library and Archives at 300 Coffee Tree Rd, Frankfort, KY 40601

Girls 1st-4th grades race at 5:30 p.m. Arrive at the course by **5:10 p.m.** (1st - 4th grade girls)

Boys 1st-4th grades race at 5:50 p.m. Arrive at the course by **5:20 p.m.** (1st - 4th grade boys)

Girls 5th-8th grades race at 6:10 p.m. Arrive at the course by **5:45 p.m.** (5th - 8th grade girls)

Boys 5th-8th grades race at 6:30 p.m. Arrive at the course by **5:45 p.m.** (5th- 8th grade boys)

* We will participate in the OKTOBERDash on Saturday, Sept 10. More info coming!

* Middle School Runners may participate in the Chick-fil-A Invitational on Oct 1, 2022.

UNIFORMS: Red CKS singlets and black running shorts will be our uniform. (Singlets will be provided.)

End of the Season Party: **1st-8th grade runners**_Date TBD immediately after school in Hehman Hall. Runners will be ready for pickup at 4:00 p.m.

Thank you to our wonderful CC Community!

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**

#RunningLikeTheWind
#WeAreSent



OFFICIAL 2022 REGISTRATION/RELEASE FORM*

Cross Country Runner \$60 fee. \$40 for each additional runner in same family.
Make checks out to **Christ the King School or CKS**
Please submit promptly.

Runner 1: _____ Grade/Gender: _____ / _____ \$60 Fee: \$60

ALLERGY TO? _____

Runner 2: _____ Grade/Gender: _____ / _____ \$40 Fee:

ALLERGY TO? _____

Runner 3: _____ Grade/Gender: _____ / _____ \$40 Fee:

ALLERGY TO? _____

Runner 4: _____ Grade/Gender: _____ / _____ \$40 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 (CC) 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 CC 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 _____, 2022

Signature of Parent/Guardian: _____

Print Name: _____

Email Address: _____

(Please print neatly.)