

2021 CROSS COUNTRY (CC) INFORMATION

Runners/Fans Share Something Special: During the 6-8 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. Everyone needs 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 - 3:45 p.m.

5th - 8th Grade CC Training: These runners train on Tuesdays and Thursdays from 3:00-4:00 p.m.

We will start training on Monday, August 16 with the 1st - 4th graders. The 5th-8th grade runners will begin training on August 17.

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 3:45 - 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 \$60, a CKS Cross Country Release Form, a uniform shirt, running shoes, team spirit, a willingness to achieve and a solid work ethic.

TENTATIVE MEET SCHEDULE: We are planning for a different CC schedule this year consisting of 5 meets. We will be racing on Tuesdays, Sept 7 and Sept 14 in Versailles at the Falling Springs Arts & Recreational Center 275 Beasley Road, Versailles, KY 40383-8831. We will also participate in the Double S Stampede race in Georgetown on Saturday, Sept 18. This is a fun race with a nice course hosted by St John's School at Scott County Park in Georgetown, KY. As a finale we will offer two championship weekend runs: The Chick-fil-A Invitational on Friday and Saturday, Sept 24/Sept 25 in Wilmore, Ky or THE OKTOBERDASH on Saturday, Sept 25 at Christ the King and then the Meet of Champions on Saturday, Oct 16 at the Horse Park.

Meets and start times will be announced weekly.

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

5th-8th grade runners_Date TBD 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

#CAPABLE



OFFICIAL 2021 REGISTRATION/RELEASE FORM*

Cross Country Runner \$60 fee. \$40 for each additional runner in same family.

Make checks out to Christ the King School.

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?

Home Address: _____ Total Fees: \$ _____ 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 _____, 2021

Signature of Parent/Guardian:

_____ Print Name:

Email Address:

_____ (Please print neatly.)

UNIFORM ORDER FORM

Make checks out to Christ the King School.

Uniform order form is separate. Please submit promptly.

Runner Name: _____ Grade: _____ Gender: F M

Uniform Shirt - Circle Size (Youth) S M L Cost (\$13 ea.): _____ x \$13= _____ Uniform Shirt -

Circle Size (Adult) AS AM Cost (\$15 ea.): _____ x \$15= _____



Subtotal \$ _____ Total
PAID: \$ _____ Check
Number: # _____ Cash: \$ _____

Signature of Parent/Guardian: _____ Aug

_____, 2021 Print

Name: _____

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