Coaches:
Rick Houston
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John Condon
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Practice Schedule
Start Wednesday Aug. 19th. Summer practices will be the same time 9:30-11:00 am. Summer dates: 19, 20, 21, 24, 25, 26, 27, 28. First day of school and everyday after we will then have practice from 3:00-4:45.

Meet Schedule
Handed out first week of practice

Requirements
General rules for student athletes can be viewed on school website:

- Minimum 2.0 GPA
- Permission/insurance papers cleared by athletic office
- Daily attendance/participation
- ASB ($25.00)
- Athletic fee ($30.00)

SKYRIDGE Girls’ Cross-Country

What:
6-7-8 Girls Sky XC

Where:
Meet in Skyridge Wood Gym

When:
August 19th 9:30-11:00

Need:
◊ Permission form
◊ Insurance Paper
◊ Current Physical
◊ Concussion form
◊ ASB
◊ Athletic Fee

Papers/Forms are in the Athletic Office at Skyridge Middle School or Skyridge Webpage (Athletics-Forms)

"To give anything less than your best is to sacrifice the gift."
-Prefontaine
Practice Expectations:

How you practice is a good indication of how you will compete. Be enthusiastic and HAVE FUN.

- Be on time
- Be at practice regularly
- Do what’s right

Things to bring:

WATER!!

Running attire:

- Proper running shoes
- Sweats/long sleeve (rain)
- Shorts/long sleeve (sun)

Compression short: worn under running shorts for comfort and function.

Each athlete must be able to run 1.5 miles without stopping prior to each meet in order to compete. This team standard will ensure safety and integrity of our athletes.

Cross Country is offered to all 6th, 7th, and 8th grade girls. Forms and paper work are found in the athletic office, and Skyridge website. Practices will be held from 3:00-4:45 once school begins.

Home meets will be at Skyridge Middle School. The District meet TBD.

Think Pink!

Our 2011-12 team dedicated our last home meet to the Bonazelli family and Breast Cancer Awareness. We will continue this tribute each year!

Race Time/Distance

Meet races are 1.5 miles. Each grade level will run their own race starting with 6th, 7th and finishing with 8th grade. First race will begin at 3:45pm.