

2021 Emmet Field Cross Country



Dear Parents,

Your child in grade 1 through 5 has the opportunity to run on the Cross Country Team. You are to take your child outside and see if they can do a SLOW jog without stopping for 8 minutes. If they cannot then its not recommended to be on the team but do something to build their fitness and stamina for next years team. They then need to be taken to the doctor to get a PHYSICAL COMPLETED (The proper form is attached to take it and have it filled out completely) so that I know that they can handle vigorous exercise. No one should be allowed to participate without proper paperwork completed. There are numerous benefits to being on the team such as being physically fit, building self esteem, making friendships, bonding with other families and coaches, use as a building block to be able to try - out and make other teams and sports. It can be done by anyone regardless of body shape and size, and you do not have to be a great athlete. If you need to talk to a coach then info is provided below. If you are not in town or on vacation then when you arrive back to Louisville then have your child start coming to practice. This summer when you come to practice then we will get you hooked up to our Emmet Field Cross Country app or website to get all information on Practices, Schedules, Calendars, Races, Uniforms. In years past we have used shutterfly and Team Snap.

***The team will start practicing on Monday evenings at 8:00 - 9:15pm., Wednesday evenings at 8:00 - 9:15pm. and Saturday mornings at 9:00 - 10:15 am.(Starting July 19th)). Most practices are held at Seneca Park (we always meet just outside of the restrooms). Please bring your paperwork filled out in its entirety. We practice in the summer months late in the evenings and Saturday mornings to avoid the summer heat.**

We will compete in approximately 8 meets. Once school starts in August, the team will practice in the evenings at Seneca Park at 6:00pm and conclude at 7:30pm. We always practice in bad weather (this includes rain, sleet or snow, unless thunderstorms and lightning are in the immediate area (then we will practice at Emmet Field Elementary schools gym and hallways). Races that we will compete in will range from .5 miles to 1.8 miles depending on each runners grade and age. Most races will be in Jefferson County and the season will conclude the 3rd week in October at the State Meet.

After our state meet in October those that qualify will be able to run on the Louisville Tiger Shark National Cross Country Team that Coach Johnson also coaches from November to December. More info will come later on our website.

Runners can bring a water bottle to practice as well as a towel or yoga pad to stretch and do Core Exercises. **I WILL BE IN NEED OF PARENTS COMING TO PRACTICES AND TO MEETS TO ASSIST ME WITH COACHING AND BASIC ORGANIZATIONAL ACTIVITIES.** The success of your child and this program is parents doing things to help. It is set up for parents to run under the direction of the head coaches. **If you are able then we need adults to run with the kids at practice - especially our newbies and younger runners. I WILL NEED MUCH HELP IN COACHING, MANAGING, MONITORING THE KIDS AT EVERY PRACTICE.** In most practices the runners are grouped by grade level and or ability. This is a team that expects nothing but the best and will not a babysitting service.

Once your child has done a "SELF ASSESSMENT (Can do a SLOW jog without stopping for 8 minutes) and have gotten a PHYSICAL FROM A PHYSICIAN (USE THE FORM ON THE NEXT PAGE), then fill out the bottom portion of this form and return to Coach Dan Johnson. I am really looking forward in starting our 10th year of Cross Country. Once these things are done then we will get you connected to our Website or App.

THE COST TO BE ON THE TEAM IS \$70.00

(If you can not pay then we will find a sponsor for your child to cover cost)

Sincerely,
Coach Dan Johnson
dan.johnson@jefferson.kyschools.us
502 689-2093 (Call me if you have questions!)
Coach Brandon Ghrist
brandon.ghrist@jefferson.kyschools.us

Name:..... Grade:.....(2021 - 2022 School Year)

Jersey Size: YS YM YL AS AM AL Short Size: YS YM YL AS AM AL (Circle One)

Parents Name:.....(Please include both parents)

Email to receive info MOM:.....DAD:.....

MOM PHONE#.....DAD PHONE#.....