

HAYDEN MEADOWS CROSS COUNTRY RUNNING PROGRAM

The Hayden Meadows cross country running program will be held on Tuesdays, Wednesdays, and Fridays before school from 7:45-8:30 a.m. Practices are held on the field behind the school. The last day to sign up for the program is Friday, September 16th. Students must have a signed permission slip to attend!

This program is open to all 2nd -5th grade Hayden Meadows students. The season is short, and we must get into shape quickly, so students are expected to be at ALL practices. We welcome your participation in this program and your commitment to being physically fit.

Practices: Practice begins at 7:45 a.m. on the field behind the school. Students check in with their grade level coach, do warm-ups, stretches, and independent running around the field for about 20 min. The last 10-15 min. will be spent teaching running techniques, strategies, or playing running games and relays. Students will cool down together and practice will be over around 8:30 a.m. Students will proceed to the playground and stay there until the morning bell rings. Those wishing to purchase breakfast may go into the cafeteria to do so.

Students should dress according to the weather for practices and meets. Layers are always a good idea, so students can dress as needed for the day, hot or cold. **In case of rain practice will be canceled.** Good running shoes are very important and must be worn at every practice and race to prevent injuries. You may want to send a second pair of shoes and socks for your child to change into, often the field will be wet from sprinklers or dew and it's no fun to wear wet shoes all day. Water bottles are welcome but must be labeled with your child's name and used for drinking only. Runners are expected to be at every practice to show dedication to their team and to get in shape.

The Tri-Meet will be Thursday, September 29th from 4:10-5:10 p.m. on the Hayden Meadows field for all participating 2nd -5th grade runners. The races will be 1 mile in length. During the Tri-meet race we run two grade levels together with both boys and girls running together. However, awards will be given out for each grade level and by gender, so children are only competing against their grade level and gender. All races are held rain or shine. There will be no rescheduling of races due to the large number of volunteers and coordinators required for these events. All races (Tri-Meet and District) will start with the older grades running first.

The District meet will be Thursday, October 6th from 4:30-6:30 p.m. This meet is for ALL participating 2nd -5th grade runners. All races will be one mile. Each grade level runs separately, the boys and girl races are also separate. Parents are responsible for transportation to and from this meet. (More information will follow. You will not need to be at the race the whole time. Grade level race times will be provided in the information). The last day of cross country program is Thursday, October 6th.

If you can volunteer, we can always use help. Your help is appreciated by the coaches and runners. Runners love cheerleaders as running is hard work. We would love help with daily practices and meets, no experience is necessary. It requires a lot of people to put on a meet, so please help if you can. If you can volunteer in any capacity, please call the Hayden Meadows office at 208-772-5006 and leave a message with your phone number.

Thank you!

Stacy Janson-Coach

Hayden Meadows Cross Country Program 2022

The Hayden Meadows cross country program begins Wednesday, Sep. 7th, 2022. The program is held on Tuesdays, Wednesdays, and Fridays before school from 7:45-8:30am. This is a fun program where fitness and individual improvement are encouraged. All 2nd through 5th grade students are welcome. Students will check in with the coach, do some warm-ups and stretching, and then run independently around the field for the first 20-25 min. The last 15-20 min. will be spent teaching running techniques, strategies, games or relays with a cool down and stretch before leaving. After practice students will proceed to the playground and wait for the morning bell. Those who wish to buy breakfast can go into the cafeteria after practice. The last day of the program is October 6th following the District Meet.

Participation Fee: Cross Country is an OPTIONAL program for students and there is a \$5.00 participation fee to help cover expenses. The participation fee is due before Sep. 7th and is NON-REFUNDABLE after Sep. 16th. For safety & liability purposes your child will not be allowed to participate without a signed permission form. No late forms will be accepted after Sep. 16th. In cases of hardship, some scholarships will be available (See below). We want everyone who is interested to have the opportunity to participate.

XCT-shirts (Optional): T-shirts have been pre-ordered and are available to purchase during practices or after school for \$10.00. We have a t-shirt available this year, designed by Hayden Meadows students. (A volunteer is needed to sell t-shirts.) T-shirt and participation fees may be paid with one check payable to Hayden Meadows.

PLEASE DO NOT COMBINE YOUR CROSS COUNTRY PAYMENT WITH ANY OTHER SCHOOL OR PTO PAYMENTS!

Students who participate in all practices will be eligible to run in the Tri-Meet and the District Meet. The Tri-Meet will be Thursday, September 29th at Hayden Meadows from 4:10-5:10pm. The District Meet will be Thursday, October 6th from 4:30-6:30pm at the Kootenai County Fairgrounds.

We can always use volunteers. If you would like to volunteer, please call the Hayden Meadows office (772-5006) to leave your name & number. Parents are also welcome and encouraged to run with their child.

If your child wishes to participate, please return the BOTTOM of this form with your Participation Fee to the office or your child's teacher before the first day of practice on September 7th, 2022.

PLEASE RETAIN TOP PORTION FOR YOUR REFERENCE. RETURN BOTTOM PORTION WITH PAYMENT BEFORE SEP. 16TH **

Cross Country Permission & Payment Form

Student's First and Last Name

Grade

Teacher's Name

Has my permission to participate in the Elementary Cross Country Program. I will provide my own insurance. I understand the Coeur d'Alene School District, the coach, and volunteers shall not be held responsible for any injuries.

Parent's Signature

Date

Phone Number

Please Circle all that apply:

**** My child has a health issue to be aware of:**

Please describe health concern:

Yes, I can help with daily practices

Yes, I can provide healthy snacks for meets

Yes, I can help with meets

Yes, I would like to sponsor another child. (My additional \$5.00 is included.)

Yes, I would like to request a scholarship form.

Yes, I would like my child to participate and I have included my \$5.00 Participation Fee.

Yes, I would like to purchase a T-Shirt for my child. My check is included. (T-shirts will only be given out after payment is received.)

T-Shirt Size: Youth small ____, Youth medium ____, Youth Large ____, Adult small ____, Adult medium ____



September 2022

****No cross country if it rains****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Volunteer Coaches meeting in the gym 3:30-3:45	7 Cross country practice 7:45-8:30 a.m. Behind School	8	9 Cross country practice 7:45-8:30 a.m.	10
11	12	13 Cross country practice 7:45-8:30 a.m.	14 Cross country practice 7:45-8:30 a.m.	15	16 Last Day to sign up or request refund. Cross country practice 7:45-8:30 a.m.	17 Sept 16 th is also last day for slips/ money to be turned in
18	19	20 Cross country practice 7:45-8:30 a.m.	21 Cross country practice 7:45-8:30 a.m.	22	23 Cross country practice 7:45-8:30 a.m.	24
25	26	27 Cross country practice 7:45-8:30 a.m.	28 Cross country practice 7:45-8:30 a.m.	29 Tri-meet at Hayden Meadows 4:10-5:10 p.m. Behind school	30 No Practice	October 1st

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Cross country practice 7:45-8:30 a.m.	5 Cross country practice 7:45-8:30 a.m.	6 District Cross Country Meet at the Fairgrounds for all runners 4:30-6:30 p.m.	7 Cross Country Season has ended Thanks for a great season	8