

# ***Pilgrim Park Cross-Country***

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## *Parents and Athletes:*

Welcome to the 2017 cross-country season. As coaches we are looking forward to providing a positive experience for your child. We hope this season will provide your son/daughter with an opportunity to work hard, get in shape, and have fun with friends. We have a strong tradition of success and athletes that represent Pilgrim Park in a positive light. We look forward to continuing that this season. Below is some information that should help you for the upcoming season.

## *Updated Physical Cards*

- All athletes need to have a physical card (green), signed by a doctor and updated on file with the coaches before the season begins.
- If your son/daughter had a physical last year and has a green card handed in, then you would not need one for this season, but you would still need to fill out a yellow alternate year card. If your child is in need of a physical, please schedule one as soon as possible.

## *Practices*

- Athletes should change into shorts, a t-shirt, and good running shoes and report to the gym by 2:40pm.
- All practices begin after school and end at 4 pm. Please let the coaches know in advance if your son or daughter cannot make a practice or meet.
- It is a good idea to pack a light snack (energy bar, granola bar, fruit etc.) for your child to have before practice. If you want to send your child with a sports drink or water bottle that's fine, but we'll provide plenty of water breaks.
- As coaches we appreciate in the past all the parents that have picked up their children at or around 4 pm. If your son does not get picked up at 4 pm a coach will stay with the athletes until everyone has left Pilgrim Park.

## **Cross Country Meets**

- Every athlete will need to take the bus to the meets. They may return home early when their race is over, but please sign out with a coach before you depart.
- If an athlete is going home with someone other than his or her parent or guardian a written note is required.
- A middle school cross-country race varies in the distance and will be 1.3 to 2.0 miles long.
- A meet is usually scored by taking your schools top 5 runners and adding up the places that they finished. The team with the lowest point total is the winner.
- A typical cross country meet will include four separate races:

Race Schedule    6/7<sup>th</sup> grade girls---4:00  
                          6/7<sup>th</sup> grade boys---4:20  
                          8<sup>th</sup> grade girls---4:40  
                          8<sup>th</sup> grade boys---5:00

**Good Luck To All Athletes!**

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**Coach Pelkofer- [pelkofe@elmbrookschools.org](mailto:pelkofe@elmbrookschools.org) 262 785-3920**

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