

July 25, 2017

Dear Timberwolf Parents:

Welcome to the 2017-18 school year of cross country! We are excited to get the season underway. Because our season is not very long and our first meet is on August 31st, we do start practices a couple weeks before the start of the school year. All students are invited and encouraged (but NOT required) to attend practices *before* school starts (first meet is on 8/31.)

Summer practices will begin on **Monday, August 14th at 3:30 PM, at Hasbrook Park** (333 W. Maude, Arlington Heights 60004). Due to school construction, we will be meeting at there until school starts. Meet at the baseball diamond. We'll go Monday – Friday. Saturdays we will also have practice at 9 am.

These two weeks of summer practices really help get a head start on conditioning. If your student cannot attend these early practices, we encourage all athletes to start running most days of the week for 20 minutes or more. It takes time to build up your endurance. It's hard at first, and they'll be sore, but it gets easier over time.

The great thing about cross country is that there are no tryouts and no cuts; everyone can participate! It's healthy and outside and, hopefully, athletes will develop a love of running. They can meet new people, which is especially good for kids who are new to the school. Also, cross country is the only sport at Thomas in which 6th graders are allowed to compete.

Here are some other important things to remember:

Water: Fall is a warm and humid time and it is important to hydrate. Runners should always bring enough water with them to *every* practice and meet. A 16-oz. water bottle often isn't enough.

Physical: Students must have had a physical in the last 12 months to participate in athletics. Schedule that physical if you have not already!

Parent email list: I send out lineups and longer bits of information via email. If you would like to be on this email list, let me know @ tricia.moore@d214.org (We use "Remind" texts for shorter messages. Check our website for info on that..) In your email, please provide the following information:

(1) Your son or daughter's name and grade, so I can start making a roster.

(2) Your child's shirt size, which is available in youth and adult sizes -**We will be ordering uniforms tops** (singlet) **The cost is ten dollars** and athletes **can keep them and reuse them for upcoming cross country or track seasons. Athletes can also use last year's uniforms.** The tops take two weeks to get, so your order needs to be in to me *before* school begins, by Aug. 15th, since the **first meet is 8/31**. I'll be ordering extra tops in case people miss that deadline. Pay us when you see us – If writing a check, make it out to Thomas MS. The uniform bottom is black shorts - athletes can either wear their own or we can issue them shorts, to be returned at season's end.

Parent Meeting : Tuesday, 8/22 at 7 pm in the **TMS cafeteria**. Come meet the coaches, say hello to Mr. Kaye, ask questions, and get handouts. You can also visit our [Cross Country website](#) for all of the forms and information. If you cannot attend the parent meeting, check it out!

We look forward to another successful cross country season!

Your Coaches,

Tricia Moore tricia.moore@d214.org

Todd Slowinski tslowinski@sd25.org