



LMS Cross Country Newsletter

ISSUE 2

SEPTEMBER 11, 2015

Meet @ Heritage Middle School Sept. 15th

Snacks & Drinks

For the meets, your runner will be provided with a water and a sports drink after the race. Runners need to bring water and a light snack prior to the meet. Typically before a race, it is good to eat good carbs to provide a boost of energy, and after the race you eat protein to help rebuild muscle. Let me know if your child has peanut or any other food allergies so I can inform the team, if necessary.

Heritage Middle School
Address:

4005 Poplar Springs Rd.
Ringgold, GA 30736

I have been told that boys will compete at 4:30 PM and girls will compete at 5:00 PM. If you really want to be sure that you see your child compete, please just arrive and watch both meets in case there is a time change. Hopefully, this will not happen again.

There is no seating so please bring chairs/blankets. There is hardly any shaded areas at this meet so please be aware of this. **We will**

leave LMS around 3:00 and we should return around 6:15. Parents will pick their runner up behind the school (near the cafeteria).

If you wish to take your child home from the meet you must sign him/her out in my notebook. **Parents are not allowed to sign their runner out until both meets are completed.** We want to support both the girls and boys and I expect runners to stay and cheer on the other runners. Also, I am in charge of recording the finish times for both teams and have to focus my full attention on the team competing. Your child may not ride

home with another runner unless I have a signed note from the parent of the other child you're taking home.

If we are running late or early returning to LMS, runners will call to ensure parents can be at LMS to provide you an updated pick-up time. I will also send updates through Remind 101 so please enroll in text alerts if you have not already. Please text or call me with any questions you may have.

-Coach Cook
(423.619.8232)

Picture Day on September 15th!

School pictures will be taken on Tuesday, September 15th. Cross Country will have our team picture made on this day as well. Runners

will already have their uniforms with them due to the meet against Heritage Middle School. Please be sure that runners uniforms are

clean and picture ready for Tuesday!
Thanks!

-Coach Cook

SEPTEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 MEET @ BAYLOR	9	10	11	12
13	14	15 MEET @ HERITAGE MIDDLE SCHOOL	16	17	18	19
20	21	22 MEET @ RINGGOLD MIDDLE SCHOOL	23	24	25	26 MEET @ McCALLIE
27	28	29	30			

Any week day meet will have the following meet times:

Girls @ 4:30

Boys @ 5:00

Weekend meets will begin between 8:00 - 9:00 AM. We will discuss exact times before these meets and send out info.

