



LMS Cross Country Newsletter

VOLUME 1, ISSUE 1

SEPTEMBER 4, 2015

Meet @ Baylor Tuesday, September 8th

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.

Directions to Baylor School (the back entrance):

171 Baylor School Road
Chattanooga, TN 37405

- From I-75 take I-24 West
- Take exit 178 (U.S. 27 North)
- After crossing the Tennessee River, take the U.S. 127, Signal Mountain exit.
- Proceed under the overpass, and pass the main entrance to the campus located on the left. The next road to the left is a carwash turn left going into the back en-

trance of the school. Follow that road through the campus to the tennis court parking lot. You'll have to walk the rest of the way (¼ mile or so).

There is no seating so please bring chairs/blankets. There are several trees around for shade. **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. 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)

Kicking off the Season!

We have had a great beginning to our cross country season. Our runners have been working hard each day at practice and improving their own personal best times and we will continue to work on this

throughout the season.

Please be sure your runner is getting plenty of water throughout the day, plenty of rest at night, and eating a well balanced diet.

I'm proud of everyone and the hard work

they are putting in. I hope each runner is beginning to see that his/her positive results are because of their hard work!

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.

