Hello «Parents_Names» ! The 2019 CC season is just weeks away!! WOW!
This letter has important information regarding the upcoming season and things needs to be in place before we start. Please read over it carefully.
The first weeks of practice will be action packed. Here's what you need to know

Monday, August 19 PRACTICE BEGINS!

- **Physicals or alternate year cards** need to be in the office BEFORE practice. **According to our records «First_Name» has «Physical» turned in a physical**
- 7:50 AM meet in high school commons ready to run
- Practice ends at 10:30 AM (or so)
- Season schedule can be found on the CC website (www.fortcrosscountry.org)

6:30 – 7:45 pm Parent Meeting

- Ice Cream Social, siblings welcome
- PLEASE ATTEND!

Tuesday, August 20 PRACTICE 8:00 to 10:30 am

Wednesday, August 21 LEAVE FOR CC CAMP 8:00 am SHARP!!!

- See attached note for details.
- Medical release form for camp to fill out! MUST BE NOTARIZED!!
  - Find a link to the form on the CC website www.fortcrosscountry.org
- Forms and payment due before we leave **($50.00 payable to Fort CC)**

Friday, August 23 RETURN FROM CAMP

- Return to Fort around 3:00PM

WEEK TWO August 26 – September 1
Monday – Wednesday August 26, 27, 28 practice is from 3:00 until 5:30

Thursday and Friday August 29 and 30 practice is from 8:00 until 10:30

Saturday, August 25 FIRST MEET Ya Hoo!!

- Watertown Invitational
- Bus LEAVES at 7:30
- If you are there late, you don't run!

That should do it for the first two weeks, whew! Please check our CC website, www.fortcrosscountry.org for forms, schedules, directions, etc and follow us on Facebook also

SEE YOU SOON!!

CC Rules!