

Blue Oak Bulldog Cross Country 2009

All students, boys and girls in **grades 3-5**, are eligible to join the Blue Oak Cross Country Team! The season will begin with our *first practice on Monday, August 31ST*, and end on October 7th with the County Championships at the El Dorado County Fairgrounds. Please refer to the attached meet and practice schedule.

Students must turn in the following before they can participate with the team:

- ✓ Completed Participation Slip (below)
- ✓ Completed Insurance Coverage Information slip (attached)
- ✓ \$30 (covers a team shirt, popsicles after practice, and end-of-the year pizza party)

New Procedures:

- A **sports physical** and completed form are **REQUIRED** prior to the *first meet*. Forms are available on the district website.
- There will be a *sign in/sign out* sheet at each practice and meet. Students need to be picked up/signed out promptly after practices and meets.
- **Buses will be provided for transportation TO all "away" meets** (see attached schedule). Parents must provide transportation FROM each meet.
- **Wednesday Meets:** Supervision for participants will be provided in the Multi-Purpose Room (for *homework, reading, or quiet activities*) from 1:15 PM until bus entry (approximately 2:05 PM).

We look forward to seeing you at practice!

Coach Phillips, Coach Gerstle, and Coach Clouse

Blue Oak Cross Country Team Participation Slip (print neatly)

Name _____ Teacher _____

Birthdate _____ Age as of 8/15/09 _____

Email _____

T-Shirt Size: Youth - M L XL (similar to Adult M)

Adult - S M L XL XXL

Parents are welcome to purchase a team shirt at \$8 each.



Blue Oak Cross Country 2009 Schedule

- Meets** - Course "walk through" 3:00
- Races begin at 3:30...end around 5:30

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|--------------------------------|--------------|---|
| Monday | August 31 | Practice 2:15 - 3:15 |
| Wednesday (early dismissal) | September 2 | Practice 1:15 - 2:15 |
| Monday | September 7 | No Practice (Labor Day) |
| Wednesday (early dismissal) | September 9 | *Meet - at Lake Forest (EDH) Bus - begin entry 2:05 |
| Monday | September 14 | Practice 2:15 - 3:15 |
| Wednesday (early dismissal) | September 16 | *Meet - at Blue Oak School (Supervision in MPR: 1:15-2:35) |
| Monday | September 21 | Practice 2:15 - 3:15 |
| Wednesday (early dismissal) | September 23 | *Meet - at Holy Trinity School Bus - begin entry 2:15 |
| Monday | September 28 | Practice 2:15 - 3:15 |
| Wednesday (early dismissal) | September 30 | *Meet - at Folsom Point Bus - begin entry 2:05 |
| Monday | October 5 | Practice 2:15 - 3:15 |
| Wednesday | October 7 | COUNTY FINALS-Placerville (Participants: the top 7 boys +1 alternate & 7 girls + 1 alternate from each age bracket based on times and attendance at practices and meets.) |
| Friday | October 9 | End-of-Year Lunch Party 11:30 in gym |

*If you are available to help supervise and have your fingerprints on file at school, please email Kathy Gerstle at 5gerts@sbcglobal.net