

**Meadow Montessori 2011 Cross County Team**

Attached you will find the 2011 Cross-country schedule. The MMS cross county team (MMS CC) is a co-ed, grades k-12 competitive team. This information pertains to the k-8<sup>th</sup> grade team. Beginning September 6, we will conduct practices at school three times per week (Mondays, Tuesdays and Thursdays from 4:00-5:00PM), as well as assign training for the practice days when we do not meet as a group. As a team, we will be participating in six exciting countywide invitational meets. The season lasts through October 22, 2011. The following distances apply for the invitational/meets according to grade level:

K-6:                   - 1-1.5 miles  
7,8:                   - 2 miles  
9,10,11,12:       - 3.1 miles (5K)

As a team, we have plenty of time to practice running the above distances. This means that we will help all runners achieve their individual goals-no experience necessary! Everyone is welcome to join the team and we are encouraging all elementary students to try it out. There is a \$120.00 fee (\$60.00 credit for Athletic Club Members who organize/volunteer at an event) which is payable to Meadow Montessori (or ask about charging it to your family ledger). Please fill out the form at the bottom of the page and return it to my mailbox (Anya McCormick). You can email any questions to me at: [amccormick@meadowmontessori.org](mailto:amccormick@meadowmontessori.org)

We are looking forward to a wonderful season!  
-Ms Anya McCormick

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Yes, I am interested in joining the MMS CC team:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age & Date of Birth: \_\_\_\_\_

Telephone #: \_\_\_\_\_ home/ cell (circle one)

Email: \_\_\_\_\_ May this address be used for emailing team information/schedule/notices? Yes/ No

Shirt size: Child, Youth or Adult (circle) S M L XL (circle)

Short Size: Child, Youth or Adult (circle) S M L XL (circle)

***Please indicate form of payment:***

***Cash/Check/Ledger: \$120.00***