

August 22, 2009

re: Cross Country Season

Michelle Golla, Coach
Hill Campus of Arts and Sciences

Dear Parents, Guardians, Runners:

Welcome to another season of sports. It is a pleasure to have your child on the Cross-country team. This year, the season runs from August through October. Practices will be Monday, Tuesday and Thursday each week. Sorry for any confusion with a Friday practice. I am unable to do that due to having three kids and just wanting to go home and relax. Students will meet on practice days in Rm. 112 for role call, and then we head to the front of the building to stretch. Next, we head up to Cranmer, Robinson Park or to the trail on 6th avenue to practice distance running. Practices run from 2:40-4:00. Please make sure either your child hops on the bus on T or Th or has a ride home. I CANNOT stay past 4:15 due to other commitments. Set up a carpool if need be. If I do have to leave, and your child is still there, I will have her/him call from the office and he/she will either remain in the office or on the benches in front of the school until you arrive. Legally, you do need to be on time.

Runners are required to run in shorts, t-shirts, wear the proper running shoes (NO CONVERSE OR WALKING SHOES – that is how injuries occur and slows up the speed), and bring a healthy snack and water bottle. When it cools off, runners can wear sweats and sweatshirt, but they will see it is better to be wearing those items after they run. We have several races already scheduled. PLEASE check the Hill Website for updates or go to Athletics on the DPS webpage, hit schedules, CC, and you will get a run down of all the sports/times/places, etc. I will also provide that information, once the official schedule is up. Most races will be on Wed. and Friday's unfortunately. I will knock out one practice out, if we have two races a week. Finally, encourage you child to STRETCH after practices, weekends and even get a short mile run in over the weekend.

Students participating in sports MUST get a physical by August 27th. I am a bit flexible, but can get in trouble if anything happens to a runner without one. Below are some places to go to for one, but you're better off going to your own doctor. Your child also has to pay a \$25 athletic fee to the Treasurer. This pays for buses, uniforms and salaries. All runners will get a uniform, but because the team has grown so much, runners will have to use old b-ball uniforms. If you don't mind, please purchase a cheap pair of blue shorts (nylon) just in case there aren't enough shorts. There will be a \$60 fee for those not returning the uniforms at the end of the season.

The purpose of cross country isn't just to learn the fundamentals of running, but to encourage sportsmanship, discipline, goal-setting, responsibility, respect, perseverance and camaraderie. I also require students to maintain an A, B, or C grade point average, but getting a C means you are coasting. Therefore, I expect more. D's and F's are unacceptable, but if you do slip, please come to me for help to bring that grade up instead of quitting the team. Just work harder. Establishing the skills listed above will help you

succeed not just in middle school, but high school and college.

I am also in need of parent volunteers to help with practices, meets, providing water and snacks especially during the meets, sending emails, printing off stickers for the races, and even driving to several of the major invitationals that occur on Fridays. With 40+ runners, it is hard to manage, so a little bit of help will go along way. Email me at Michelle_golla@dpsk12.org if you can help. Also, I need an email list and phone number in case of an emergency in my file. Please send me this information as soon as you can.

Thanks for participating in Hill's Cross Country team.

Sincerely,

Michelle Golla
720-423-9680

SPORTS PHYSICALS

- Inner City Health Center – 3800 York Street, Denver 303-296-1767 \$10
- Skinner Middle School – address on DPS website 5-8 \$20
- Place Academy – take Monaco South. Pass tennis courts on left. See signs on the right for Place and make a right. On left (across the Cherry Creek Trail) from Cook Recreation Center 5-8 \$20
- You must contact Donna Wingo @720-423-4240 if you want to go through DPS
- Go through your doctor especially if you have insurance. The co-pay is usually cheaper than paying these fees.

ATHLETIC FEE: \$25 paid to Becca, the Treasurer in the office

MAJOR RACES THAT ALL RUNNERS ARE ENCOURAGED TO ATTEND especially since we'll be going against Morey, Hamilton, Roberts, Slavens and some private schools:

- September 9th @ Washington Park
- September 18th @ Slavens
- October 2nd @ Bear Valley
- October 13th @ Bear Valley (Prep League/District Championship)

NOTE: The bus has to leave the latest 2:50, so if your child is coming from DSA or DSST, a parent might have to drive those runners to the meets. I have a sitter who will be helping me with my one daughter who attends DSA, so keep us in mind if you need her to also retrieve your child.