

**Lourdes Academy Middle School Cross Country
Parent Letter**

List of Coaches: Polly Moore, Kristin Stelter, Michelle Depa - Parent help WELCOME
Forms: Physical or alternate year card, WIAA extension (COVID), concussion form, handbook athletic agreement, emergency contact
Communication: All forms, schedule, and results are posted on the LA Middle Athletics or LA Cross Country Website. A Group email is also sent to families. If you are not on the weekly email list, please contact me at moorefamilyoshkosh@gmail.com.

Practice

During School: Monday-Thursday unless there is a MS or HS meet. Check Calendar, Website, and Weekly Emails
Time: After school until 4:30
Place: We will meet indoors near the fortress for warm up and then depart for various locations. Pick up in the back parking lot by door #7 (Band Door)
Dress: Can wear T-shirts, shorts, socks, running shoes. Have clothing available for all weather and prepare to dress in layers (long sleeve T-shirt, sweatshirt, sweatpants), Water bottle, Running Watch with timer is great - does not need to be expensive

Meets

Uniform: Lourdes Academy Cross Country T-Shirt, Black Shorts,
Meet Schedule: Posted on Website Calendar - Subject to change -
LA Invitational: Will not happen this year due to COVID-19
Transportation: This may change due to COVID. Athletes will take a school bus to the meet. Parents pick up their athlete from the meet location. Meets usually end around 5:30pm.

Traditions

Camp LA: Camp LA is the place where athletes put their belongings during a meet. They warm up from this site and regroup after the race. Parents can pick up their Athlete from Camp LA.
End of Year Recognition: Pizza, Awards, Video in LA Commons after the Season - TBA

Parent Volunteers Needed!

Parents helpers are welcome at practice and meets. We have 2 home meets. We will need parent volunteers for each meet. I will have a sign up link. No experience necessary. Again - this season will look different this year. Everything TBD