



Kiowa County Junior High
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KIOWA COUNTY JUNIOR HIGH CROSS COUNTRY

Fall sports practice begins August 19. Junior High Cross Country is new to Kiowa County this year. I am really looking forward to working with these students on a lifetime sport.

Time: Practice will begin Monday, August 19 and run from 3:45 - 5:15 pm.

Place: All practices will begin at Kiowa County Schools with warm ups, then move to a variety of locations to simulate the running environment of races.

What you need: All athletes must submit a current physical form prior to starting practice. Please make sure that your child has a signed Physical Form (PPE) and a signed concussion form in the school office prior to the start of practice on Monday, August 19. Both forms need to be signed by the student and a parent. Every year we have a student or two that are not allowed to practice at the start of the season because they do not have their signed forms on file in the office. Students will also need to wear running gear which consists of running shoes, shorts and a t-shirt. Everyone will need to bring a water bottle with them.

After practice, transportation will be provided for the Haviland and Mullinville students. If your student is not riding the bus, please make sure that arrangements have been made for them to either have a ride home after practice or there is another plan in place for them to get home. Coaches cannot leave the facility until all of the athletes have left the school property. If you know in advance that your child is going to miss a practice, please send a note with your child beforehand, or contact the school office so that the information can be relayed to the coaching staff. Even though Haviland does not have school on Fridays, we will still have practice. Transportation will be provided, and the students are expected to attend.

I will be using the Remind app to communicate with parents and athletes. Through this app I can let you know quickly if there are last minute changes to meets or practice. I will need your cell phone number to invite you to the group. I currently plan to have a parent meeting just after practice on August 23 at 5:30 pm. I will have a short form to collect parent information at that meeting, and give you meet information. If you are unable to make the meeting, feel free to contact me.

Looking forward to a GREAT season!

Lori Wade, Head Coach

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