

CANYON VISTA CROSS COUNTRY

We will run Monday, Tuesday and Thursday's starting at 7:15 a.m.
We will meet on the patio between the gym doors and the pool.
We will start morning practice on Thursday, September 3rd.

All paperwork, which includes a physical, must be turned in prior to our first practice.

Supervised off-campus running will be a part of our training, and students are expected to conduct themselves in an appropriate manner. The Off-Campus Running permission form must be signed by parent and athlete prior to first day of practice.

Our meet schedule is still not complete. When it is set, it will put on the website and I will hand out a meet schedule. Athletes will need to find their own transportation to and from the meets. Directions will be given at a later date.

Sixth graders are allowed to practice with the team, but will not be allowed to compete in the meets until they are Seventh graders.

I'm looking forward to a great season! If you have any questions please call or email.

Thanks,
Coach Tracy Williams
464-8199
tracy_williams@roundrockisd.org

**OFF-CAMPUS RUNNING
PERMISSION FORM**

My son/daughter, _____, has my permission to run off-campus during cross country practice. We are aware of the potential hazards, and my son/daughter knows to conduct themselves appropriately and to not go off-course during the run.

The run will be supervised by the cross country coach.

Student's printed name

date

Student's signature

Parent/Guardian's signature