

**Warde Cross Country 2017- Getting Started**  
**“Dear Cross Country.....Welcome Back!” --FloTrack**

We hope you have all been enjoying the summer and we are excited to get back to Cross Country running as soon as possible. As usual, before we begin, we need to remind everyone of some things.

--Our first practice is on Thursday August 24<sup>th</sup> at 7:00 PM. We will start with introductions, followed by a warmup and time trials. Approximate time schedule follows:

7:30 PM- Girls' 1600 Meters  
7:40 PM- Girls' 3200 Meters  
7:55 PM- Boys' 1600 Meters  
8:05 PM- Boys' 3200 Meters

After the time trials, we will cool down, and eat (food from Garden Catering). Family and friends are invited to attend to meet the coaches and team. We look forward to seeing everyone!

HELP NEEDED- If there are any parents who would like to help with picking up the food for our first practice, we would greatly appreciate it. The commitment entails stopping by Garden Catering at 7:30 PM to get the food and driving it to Warde.

--To be eligible to practice, all athletes must be **registered** through our school's website: <http://fairfieldschools.org/schools/fwhs/warde-athletics/>. All athletes must also have an updated **physical** on file with the nurse. If you are not sure if your physical is cleared, please contact the AD's office, or nurse's office as soon as possible. The coaches will have a list on the first day of practice, but are not able to accept physicals from a doctor.

--All athletes should also come to practice each day in running attire, including running shoes. We do suggest having a water bottle and stop watch as well.

--After our first practice, all practices will be held at the following times.....Monday through Friday 2:30 – 4:30 PM and Saturday mornings from 8:00 -- 10:00 AM. Any changes to this schedule will be communicated to the team at practice, as well as online.

--All team postings will be located at [fostersenvironment.com](http://fostersenvironment.com) on the cross-country page. There is a lot of important information that goes up here, we do suggest checking regularly.

--Important Dates:

Parents' Night for Athletics is 9-5 at 7:00 PM. It will begin in the school's auditorium

Captains meeting with Mr. Fry is 9-6 at 6:30. We have not yet named captains, but wanted to get the date out there as early as possible.

--Apparel has been organized by various team members. Please access the following link, if interested: <https://www.theauthenticathlete.com/portfolio-item/fairfield-warde-cross-country/>. Password is mustangpride.....please choose "In store pickup" when prompted.

This fall promises to be another great Warde XC season. We can't wait to see you all again, hear about your summer adventures and get training as a large group once again! If you have any questions about the season, feel free to reach out to Mr. Foster. [tfoster@fairfieldschools.org](mailto:tfoster@fairfieldschools.org).