

5/14/09

To: Parents & Athletes

From: Coach Zeitler, Head Boys X – Country Coach

Please find attached a copy of the TENTATIVE summer program (*based on the assumption that the beginning of the school year will be scheduled the same as last year*) for the 2009 Boys X – Country team. Save the calendar and post it in a prominent place so that you will know the time and place for practice each day this summer. I know that some family vacations have been planned and missing practice on these occasions is unavoidable and are excused, but the coaching staff expects all members of the team to be at the appropriate meeting place ON TIME if they are in town. The **earlier** in the summer that an athlete goes on vacation, the better it is for both the team & the athlete.

**ANY ATHLETE WHO DOES NOT PARTICIPATE IN THE SUMMER PROGRAM (80% attendance) WILL BE GIVEN AN OPPORTUNITY TO TRYOUT FOR THE TEAM BY RUNNING A TIME TRIAL ON FIRST OR SECOND FRIDAY IN SEPTEMBER AFTER SCHOOL.** The time trial will be an approximately 8-mile run for upper classmen and 6-mile run for incoming freshmen.

Once school starts, practice typically will take place after school EXCEPT on Tuesdays. Tuesday practices take place before school at 5:50 AM.(until 2<sup>nd</sup> week of October). This is for the entire team and is mandatory. Tuesday practice after school is for the Varsity team only.

If you want to be a part of the SMHS Boys X – Country team please fill out the bottom portion of this paper and send it along with a check for \$190.00 ( summer camp fee ) made payable to “SMHS Boys’ X – Country”, to SMHS c/o Coach Zeitler. If you have questions about the program you can get most of answered at our web site **smeaglesxctf.org** or if you need to contact me my email is zeitlerd@smhs.org

I am looking forward to another successful X – Country season. I am also anxious to welcome the new runners and their families to the team, as well as all the returning runners and their families.

Sincerely,

Coach Zeitler

I hereby authorize the staff of the SMHS Summer Boys X – Country program to act for me according to their best judgement in any emergency requiring medical attention and hereby waive and release the said program from any and all liability from injuries or illnesses that might occur. I have no knowledge of any physical impairment that would be affected by my son’s participation in the summer program.

Athletes name \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_

Phone # in case of emergency \_\_\_\_\_

If no one can be reached at the above phone #, please call \_\_\_\_\_

at this phone # \_\_\_\_\_.