



# Faith Christian Academy Cross-Country Team

Once again, FCA will have a boys and girls cross country team. Any 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade student may be on the team.

Last year was our first season and our athletes were not only very successful but they also had lots of fun. We look forward to coaching another season and invite you to join our team. Please call us (265-5608) if you have any questions about the team.

Coach Jim Abbott - FCA Cross Country Coach, Douglas High Track Coach  
Coach Deanna Abbott - FCA Cross Country Coach

## **Practice /Meet Schedule:**

Most practices will be Mondays, Tuesdays, and Thursdays from 3:00 to 4:30.

Parents need to pick-up students from practice promptly at 4:30.

Most of the Cross Country meets are Friday afternoons.

Students who are participating in other sports/activities can be excused from practice one day a week when there is a conflict. Students who attend after school tutoring may also be excused from practice. **Students must attend four practices prior to participating in their first meet.**

## **Schedule for the First Two Weeks:**

Wed., Aug. 27<sup>th</sup> First Practice 3:00 – 4:00, Parent Meeting at 4:00

Thur., Aug. 28<sup>th</sup> Practice 3:00 - 4:30

Tue., Sept. 2<sup>nd</sup> Practice 3:00 – 4:30

Wed., Sept. 3<sup>rd</sup> Practice 3:00 – 4:30

Thur., Sept. 4<sup>th</sup> Practice 3:00 – 4:00

Fri., Sept. 5<sup>th</sup> First Cross Country Meet

## **Requirements to Participate:**

Students must have a medical clearance form, a copy of insurance card, and a parent consent form to participate in cross-country. Students who turned in a medical form for the Cross Country or Track teams last year do not need to turn in another form. It is advised that you schedule a doctor's appointment and get the medical clearance form completed before school starts as we begin practices the first week of school.