



Attention: Bristol Cross Country

Parents of 5th - 8th Grade Students:

We hope that your student(s) will join us for Bristol Cross Country this upcoming school year.

**Pre-Season Workouts:** Building running endurance from now until the season starts will provide athletes with an advantage. It is not required to run prior to the season but it will help. Bottom line, the best way to prepare for being a part of the cross country team is simple – just go out and RUN!

**Summer Runs:** On Wednesdays in August (8/14, 8/21, 8/28), any athletes who are interested in running with their peers are welcome to join in a group distance run. We will meet at the Kenosha County Building at 6:00 p.m. Group runs will last approximately 35 minutes.

These runs are NOT organized practices but simply a time for athletes to get together and encourage each other in their running. Coach Sturycz will be present, but cannot coach during this time. Due to that restriction, parents must accompany their child(ren). Parents are welcome to run or walk along with us or simply wait in the parking lot until we are finished. Over the course of the past few years, it has been awesome to see an increasing number of parents joining in the fun!

**Cross Country Season:** Our first day of practice will be Wednesday, September 4th. Watch for more information to come closer to the start of the school year!

If you have any further questions or concerns, please feel free to reach out to me. I am excited to continue building the cross country team here at Bristol School and look forward to running with you!

Coach Sturycz

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