

West Woods Cross Country Running Team

Mr. Paris along with Ms. Wilson and Ms. Prator will be offering an after school cross country team for all 3rd through 6th grade students and parents. We will be training for the **West Woods Run with the Wolves 5K and 1K** race on October 8th. We will also be training for some optional cross country meets at other Jeffco Elementary Schools. There is a \$10 fee for this club and the money raised will be used as a fundraiser for Physical Education equipment and Field Day equipment for West Woods Elementary School. I will also be offering a West Woods Cross Country t-shirt for an additional \$10.

Dates: Starts on Sept 5th, a Tuesday and will run every Tuesday and Thursday until the West Woods Cross Country race on Oct 3rd.

Time: 2:55-3:30 (Siblings not participating in the club **can not stay** to watch without a parent being present) Please pick up your child at 3:30 there will not be supervision after 3:30!

We Welcome all parents to also run at practice with their child

| Dates | Tuesday and | Thursday |
|-----------|------------------|------------------|
| September | 5 th | 7 th |
| | 12 th | 14 th |
| | 19 th | 21 st |
| | 26 th | 28 th |

Cross Country Team \$10(No T-Shirt)

Cross Country Team Plus a T-shirt \$20 Please make checks out to: West Woods Elementary

Child S_____ M_____ L_____

Adult S_____ M_____ L_____ XL_____

Student's Name _____

Parent's Signature _____

Teacher's Name and Grade Level _____

Emergency Phone # _____

Return this paper to Mr. Paris by Sept 5th

Optional XC races for team members who want to race against other schools.

Races are \$5 per racers and pay at the race.

Races will start at 4:15 and should be done by 5pm

Vanderhoof Elem September 21st Mr. Paris will be at this race Thursday

Micheljon September 26^t Mr. Paris will be at this race Tuesday

West Woods Elementary, Oct 3rd Free/no charge for all West Woods Cross Country Team Tues

Betty Adams Elementary Oct 5 No West Wood Coaches at this race Thursday

Coals Creek Elementary Oct 10 No West Wood Coaches at this race

Cambell Elementary Oct 17 No West Wood Coaches at this race

The District is committed to ensuring that all eligible students, including those with disabilities, have an equal opportunity to participate in non-academic and extracurricular programs and activities. If your student requires an accommodation to participate in the program(s) described above, please contact your Building 504 Coordinator at West Woods.