September 6, 2018

Dear Parent/Guardian,

Your child has expressed interest in running cross-country. All students are welcome however they must have the **proper paper work submitted**. Practices will be held on Tuesdays and Thursdays (until meets begin) from 2:15- 3:30. Runners must be picked up promptly at 3:30 in front of the building unless they have permission to walk. Meets will be held at Shedd Park beginning Thursday September 20th. Students are responsible for getting to and from Shedd Park on meet days. Please be at Shedd by 3:45 for a warm-up. The race will begin at 4:30.

**We ask that each student bring in $5 for a shirt** to be worn on meet days. If they have a shirt from last year, they may wear that, as the design will be the same.

If you have any questions, please feel free to email me at [ksheehan@lowell.k12.ma.us](mailto:ksheehan@lowell.k12.ma.us) or call me at 978-937-8993.

Sincerely,

Kevin Sheehan

I give my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_permission to join the cross- country team.

My child will \_\_\_\_\_\_\_\_walk \_\_\_\_\_\_\_\_\_\_be picked up.

Parent phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_