Dear Parents/Guardians and Student-Athletes:

Thank you for joining the TRMS Cross Country Team (Correcaminos)! We are excited about the coming year and are grateful to the VVUSD District Office for providing each middle school with money to participate in additional races. With this gift, our “season” will be longer than the usual 6 weeks.

Attached to this letter you will find the training/race calendar (blue) and information for joining the Remind app (yellow) for text updates about the team. If you have any questions, please do not hesitate to contact either of the coaches (below).

**General information**:

Practices will be held Mon/Tue/Thur 2:45 – 4pm, though this is subject to change. There is one Friday practice scheduled (in October). We practice in ALL weather (rain, shine, hot, etc.).

The district race will be Saturday, 14 October 2017. More information to follow.

Tentatively, we will participate in races on the following dates:

Thursday, 26 October 2017, in Beaumont

Thursday, 9 November 2017, in Hemet

Other races may be added at a later date. We may also try to go to one of the races for the CHHS Cross Country team.

**Other general reminders**: all student-athletes must drink plenty of water *every day* in order to stay hydrated. They should also stretch each night before bed. Finally, it is very important that they have good running shoes in order to provide the proper support and help prevent injury.

Lastly, our priority here at TRMS is to promote positive sportsmanship. With this in mind, we expect our student-athletes to work hard, remain positive, and to encourage others. Positive behavior is expected both on and off the race course. Student-athletes may be dropped from the team, or excluded from a race, for the following reasons: GPA below 2.0, detentions and/or referrals to the office, poor attendance to practices, inappropriate behavior and lack of effort/teamwork while at practice.

We are looking forward to a phenomenal season and are excited to see you at the races! If you have any questions, please feel free to contact either one of us.