Dear Parents/Guardians and Student-Athletes:

Thank you for joining the TRMS Cross Country Team (Correcaminos)! We are excited about the coming year!

Attached to this letter you will find the training/race calendar (blue). 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 3:00 – 4:30pm, though this is subject to change. We practice in ALL weather (rain, shine, hot, etc.).

The district race is *tentatively* scheduled for Saturday, 8 October 2022. More information to follow.

We *will* participate in a race on Thursday, 10 November 2022, in Hemet.

We have participated in many other races in the past, but not all have been scheduled yet. If scheduled, we *hope* to participate in the following races:

 Wednesday, 5 October 2022, in Temecula, CA (select students only)

Friday, 14 October 2022, in Walnut, CA

Late October 2022, in Beaumont, CA

 Mid-late November, in Riverside, CA

**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.