

## Junior High Physical Education Cross Country Unit

The area Christian schools have been invited to three cross-country meets this year:

Sept. 15	Unity @Veteran' park across from Unity	4:15pm
Sept. 27	Western @ Hull Rolling Hills Golf Course	4:15pm?

The Jr. High students will begin a Cross Country Unit in PE next week and the 6-8<sup>th</sup> graders are encouraged to participate in at least one (or more) meet(s) as a culminating event to the unit. I would like to encourage as many students to participate as possible, as cross country provides the opportunity for students of all fitness levels to participate.

The Unity and Western meets are a one-mile course at either a park or golf course. The Western Meet is scored like a regulation meet with places, while at the Unity Meet, the top 5 finishers will be recognized AND places will be awarded based on how close an athlete's time prediction was to their actual time of the race. Predictions will be made before the meet, so it is a good idea for students to come prepared with an idea of the time it takes them to run a mile – practice & time on own too! **There are also opportunities to run with the Wolfpack team.** (I have included the practice & meet days/times as well as his contact email on the back.)

More information will be given for the meets as it becomes available . Bussing will be determined by participation & if you are able to assist in driving in any way, please let me know. If you have any questions, feel free to call school at 476-2615 or email [alyssa.vanthul@rockvalleychristian.com](mailto:alyssa.vanthul@rockvalleychristian.com).

**Please fill out this form, and return the bottom portion to your homeroom teacher by Sept. 10.**

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Student's Name \_\_\_\_\_

\_\_\_\_ Yes, I will be participating in the Unity Meet

\_\_\_\_ Yes, I will be participating in the Western Meet

\_\_\_\_ No, I will not be participating in any meet, but have agreed to run 2 separate timed miles on my own (report times on record sheet on the backside & give to Ms. VH by Sept. 27)

*\*Please let Ms. VH know if you will be participating as part of the Wolfpack team.*

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Record your individual timed miles (outside of school) here and return the bottom form to homeroom teacher by **Sept. 27.**

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RETURN THIS:

Student's Name: \_\_\_\_\_ Grade level: \_\_\_\_\_

Date for Mile #1: \_\_\_\_\_ Time for Mile #1: \_\_\_\_\_

Date for Mile #2: \_\_\_\_\_ Time for Mile #2: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

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Wolfpack Cross Country		
Meet at Sibley	9/7	3:30 roughly
Practice at WC	9/9	5:50pm
Meet at West Lyon	9/13	5:00 roughly
Practice at WC	9/16	5:50pm
Meet at Sioux Center	9/23	3:30 roughly
Meet at WC	9/27	3:30 roughly
Practice at WC	9/30	5:50pm
Meet at Cherokee	10/5	3:30 roughly
Practice at WC	10/7	5:50pm
Lakes Conf at Cherokee	10/11	3:30 roughly
Unity Meet	10/15	3:30 roughly

Email Coach Lems: [dalton.lems@westernchristianhs.com](mailto:dalton.lems@westernchristianhs.com)

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