

CROSS COUNTRY PARENT INFO:

(Please keep this sheet for the season – Meet addresses below!)

FEE: There is a \$50 participation fee (CASH ONLY). This covers all expenses, including the uniform, t-shirt, and coach's fee. This fee **must be paid by the second cross country meet on 9/7** at Galloway.

PRACTICE:

- We practice Mondays, Tuesdays, and Thursdays after school until 5:30.
- Students need to be picked up in the Grady parking lot **promptly** at 5:30. **Please pick your child up on time.** Both coaches have other commitments in the evenings and we cannot leave until every child is picked up.
- Students should have **proper running shoes and attire** – a water bottle is recommended.

MEETS:

- 9/1 @ Marist
- 9/7 @ Galloway
- 9/22 @ Wesleyan
- 10/3 @ Decatur
- 10/13 @ Marist
- 10/22 @ Paideia
- Students should wear **dark shorts** (black is preferred) to the meets and an Inman or white t-shirt. Jerseys will be distributed at the first meet.
- We would welcome donations of water or healthy snacks for the meets. We also recommend students bring a **healthy snack** to eat on the way to the meet (granola bars, nutrition bars, fruit...)
- **We need drivers to every meet.** There is no transportation for students without volunteer drivers!

Marist: 3790 Ashford Dunwoody Road, Atlanta, GA 30319-1899

Galloway: 215 W Wieuca Road NW, Atlanta, GA 30342

Wesleyan: 5405 Spalding Drive, Norcross, GA 30092

Decatur: Winnona Park Elementary | 510 Avery Street, Decatur, GA 30030

Paideia: 1509 Ponce De Leon Avenue Northeast, Atlanta, GA 30307-1666

Thank you for your participation in and support of Inman cross country!