



PCCS Cross Country Team 2022

Cross Country is open to all 5th - 8th grade students.
The season begins August 22, 2022 and ends October 4, 2022.



Enrollment and payment must be received by August 22, 2022 with an updated sports physical on file in the office.

- Complete the [Sport Sign Up Form](#) found on the Sports page of the PCCS website.
- Make sure that you have a current IESA Sports Physical Exam form on file with the office. All sports physicals **MUST** be up to date to participate by August 18, 2022 (no exceptions).

Other Information:

- Practice will be held during the school week on Monday, Tuesday, Thursday, and Friday on campus 3:45 pm - 4:45 pm. Athletes will meet their coaches in Market Square. Pick up takes place in the carpool area.
- Coaches will be Mr. Andrews and Mr. Mertz.
- Uniform tops are provided and families must supply black running shorts, good running shoes, and a reusable water bottle. Optional but encouraged equipment- a basic fitness watch (Fitbit, Garmin, etc)
- You are responsible for getting your child to practices, and to/from meets. Parents can arrange carpools.

Meets are at 4:30 pm (unless noted) ***A list of meets/locations will be given at the first practice.**