



FAIRVIEW SCHOOLS

Cross Country Season 2018/2019

Jordan Gifford, High School Head Coach

Tonya Garsjo, Junior High Head Coach

Dear High School & Junior High Cross Country Athletes,

We are excited to be part of this year's High School Cross Country program. Cross Country is a sport that takes patience, persistence and discipline to be successful. The measure of success is solely dependent on the individual athlete and their determination and tenacity to achieve their running goals. With our guidance, we intend on helping them establish and achieve those goals.

If you are planning on taking Cross Country for the 2018-2019 school year please read the following information.

Cross Country Runners in grades 6-12 will meet on the Fairview Track Field on August 10th at 7:00 am for our first practice. You will need to have a t-shirt, shorts, and running shoes. When buying running shoes a runner should focus on comfort and fit. It is important to buy good running shoes to avoid running injuries. For some ideas on what to buy you can visit runnersworld.com/shoeguide.

All athletes in grades 6-12 must have a completed MHS physical, & concussion statement. You may pick forms up in the High School office, print off of our facebook page under the name [Fairview Schools Dist. 13&3](#), or school webpage at www.fs.school.org.

Athletes in grades 7-12 also require ImPact testing, ak.a. concussion testing. Impact testing will take place on July 31st, and August 1st with sessions at 8:30am and 2pm. A maximum of 25 athletes allowed to test each session.

Please call Fairview Schools at 406-742-5265 ext. 1 to schedule your child/athlete as soon as possible.

All of the above information must be turned into the High School office, along with their participation fee **NO LATER THAN AUGUST 6th, 2018.** (Price will be determined June 26th)

There will be a mandatory parent meeting on August 10th at 5:00 pm in the cafeteria.

MAKE SURE AT LEAST ONE PARENT ATTENDS.

As with football and volleyball, your child/athlete will be required to purchase uniform items for the season. This will be discussed further at the parent meeting, and sizes obtained.

If your child chooses to participate in Cross Country they will not be allowed to participate in football or volleyball.

Practices will be Monday thru Friday from 7:00 am to 8:30 am until school starts. A practice schedule will be handed out at the parent meeting.

Cross Country is not about how many miles you can put on in a day but the journey that you will embark on while participating in this sport. With our guidance, we hope to spark a lifelong passion for running that the athletes will carry for a lifetime.

If you have any questions please email us at:

jgifford@fs.school.org for High School

tgarsjo@fs.school.org for JH

We look forward to a Great Cross Country Season!