

Greeting all CMP Runners,

We are excited to be planning another Cross Country season for the fall of 2011. Students in 3-8 grade are eligible to participate and we would love to have another strong team this year! Mr. Tom from Laurel will be coaching along with Mrs. Thomas.

Practices will be on Monday afternoons from 3:15-4:30 and Friday mornings from 7:45-8:20. Meets will be on Wednesdays, with the County Finals being on October 4th.

Permission slips are on the school's web site ([www.cacmp.org](http://www.cacmp.org)) , and need to be turned in before the first practice on August 22. Each runner will also need a sports physical to participate. We will be having a "physical night" on September 6th where students will be able to get a physical done on campus.

If students or parents have any questions about the program, you can e-mail Mr. Tom at [tfreer@cacmp.org](mailto:tfreer@cacmp.org). Also, we encourage anyone who is thinking about it to come to the first practice and see if they like it.

Creating a love of fitness, being a member of a team, sportsmanship, and going beyond what you think you can do are the goals of the Cross Country team. We'll also have a lot of fun doing it!

Thank you,  
Tom Freer