



DO YOU LIKE TO RUN? ARE YOU LOOKING TO IMPROVE YOUR PACER SCORE OR JUST STAY FIT? THEN, CROSS-COUNTRY RUNNING IS JUST THE THING FOR YOU!

Polar Bear Cross Country Running

SEPTEMBER 1st at 3:45 p.m. - PARENT-ATHLETE MEETING at GMS

On the first day of school, a mandatory meeting for parents and athletes will be held at Greenville Middle School. A shuttle bus will be available to transport HMS runners to GMS. HMS runners will be dismissed from class at 2:50 pm, and will need to board the bus to depart for GMS no later than 3:00 pm. At the meeting, a team handbook will be distributed and questions will be answered.

SEPTEMBER 2nd at 3:25 p.m. - LET THE RUNNING BEGIN

Runners need to have all required forms in prior to the first practice. HMS runners will be dismissed from class at 2:50 pm, and will need to board the bus to depart for GMS no later than 3:00 pm. Please come dressed and ready to run!

PHYSICAL CARD AND CODE OF ETHICS

These two items MUST be on file in order to practice and run in the meets.

EQUIPMENT

A pair of good running shoes, shorts, t-shirt, wind pants, sweatshirt, and water bottle.

PRACTICES

Practices are held Monday - Friday, rain or shine, from 3:20-5:00 p.m. at GMS. Practices will begin with stretching in the Media Pit. An activity bus will be available to take athletes home following practices. A map of the activity route is available on the HASD website as well as in the building offices.

"TENTATIVE" SCHEDULE OF MEETS:

Tuesday, September 14 - Bonduel
Saturday, September 18 - New London Invite
Tuesday, September 21 - Wautoma
Saturday, September 25 - Polar Bear Invite
Tuesday, September 28 - Bay Port
Tuesday, October 5 - Brillion Invite
Friday, October 8 - Seymour Middle School
Tuesday, October 12 - Conference Meet at New London

COACHES

Coach Ulmen jackieulmen@hasd.org
Coach Holzem jenniferholzem@hasd.org

Polar Bear Cross Country



The singlet will be red with white trim, which will also include the above logo embroidered in white. Purchasing a singlet is OPTIONAL. Those who chose not to order one will be issued a Polar Bear Cross Country t-shirt for the season.

Polar Bear Cross Country Singlet Order Form

Name: _____

School: GMS or HMS

Please indicate the size singlet (adult sizes) needed by checking the appropriate space below.

Girls: ___ Extra Small ___ Small ___ Medium ___ Large

Boys: ___ Small ___ Medium ___ Large

PAYMENT

The cost is \$18.70 per singlet. All checks need to be made out to GMS.

Note: This payment is separate from all registration costs. If your child is not sure about participating in cross country at the time of registration, they can order a singlet at the Parent-Athlete Meeting on September 1st.