

**Parent Guide for Cross-Country
HTS and Learning Curve**



Hello middle school and high school parents,

We are excited for another season of cross-country for our HTS students! Practices are twice a week afterschool, with two potential BASSAL meets and open to any 5th-12^h graders. If your child is interested please visit www.hopetechschool.org/programs/athletics or if you need more information please contact Courtney Straw at cpeterson@hopetech.org.

Our Philosophy:

- Everyone is important and valuable to the team.
- Everyone can reach for their personal best.
- We can have fun, train hard, and race well.
- Rules: *Run Your Best. Run Hard. Run For Fun.*

Practices:

- **Season dates:** March 14th - May 13th
- **Practices are Tuesday & Thursday 2:45p-3:45pm**
- Students should bring shoes comfortable for running (maybe a change of clothes depending on weather or school outfit)
- Students should also bring a water bottle

Races:

- Tentative due to Covid, more info to come.

Sign up and Fee:

- Complete the Athletic Waiver or Sign Up form by Monday, February 28th!
- www.hopetechschool.org/programs/athletics
- \$125 per runner for all 6 weeks

Bloomz Group:

- Join our Bloomz group for notifications - CODE: S6JAGT

Coaches:

- Chris Bisauta (chris@hopetech.org) - 8th grade teacher
- Courtney Straw (cpeterson@hopetech.org) - high school teacher

We look forward to working with your kids! Happy running!

- HTS Coaches