

MS Cross-Country Welcome Letter

Dear parents,

I hope your family's summer is off to a wonderful start, and I can't wait to see your young athletes when we return for the start of the season. On our baeagles.com/tryouts page, you'll find our independent summer workouts. I encourage you and your sons, even this early, to start thinking of the races we'll run during the school year. Success then starts with training now.

We will have a week of preseason practice as a team starting **August 5th**. We'll meet at the BA track by the scoreboard at 8am Monday through Thursday for 45 minutes. (Friday is Registration Day.) At the conclusion of that first practice (8/5), I'll hold a parents' meeting, so you can ask questions and get a picture of meet expectations, running gear, etc.

Please email me with your child's name and grade, so I can estimate our roster size. May God bless both the rest and the work you and your family do over the summer. Please reach out if you have any questions.

Sincerely,

Vergil Parson

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