



# COUGAR CROSS COUNTRY

Welcome to the Colonel By cross country team!!! And if you are a returning team member, WELCOME BACK! We are very excited for this new season! While we will greatly miss some of the seniors who have moved on, we have a number of strong returning runners and are excited to welcome a new class of cougars. We had some very impressive personal results last year so let's plan to work hard as a team and build on that success!

Of course, our main goal still remains to simply have fun running. We do not cut anyone but we do ask that you participate in a minimum of two practices a week. If you are participating in other sports, we will gladly accommodate your schedule. Just let us know! However, realize that to improve your performance, more practices each week would be beneficial. We offer the option of 4 practices every week to accommodate your schedule. Cross country is a team sport and the easiest and quickest way to OFSAA is on a team so do your part! Commit, be there and give it all you have!!!!

## PRACTICE SCHEDULE:

**Monday: 7:30 am @ Colonel By**

**Wednesday: 7:30 am @ Colonel By**

**Thursday: 3:30 pm @ Colonel By**

**Friday: 7:30 am @ Colonel By**

Note: There may be an option to do some lunchtime core workouts in Gym C if there is enough interest and we can find a teacher to supervise.

## SCHEDULE OF COMPETITIONS:

SCHEDULE OF MEETS	EVENT	LOCATION
TBA	Gryphon Open	? Mooney's Bay, Ottawa ?
Thursday, October 11	Hawk-X- Invitational	Hornets Nest, Orleans
Thursday, October 18	East Conference ***	Horne's Nest, Orleans
Thursday, October 25	National Capital (Cities) ***	Hornets Nest, Orleans
Saturday, November 3	OFSAA ***	Brampton, Ontario

**\*\*\*MANDATORY MEETS**

# **COSTS: (All uniform deposits must be brought to Mr. Grant by Monday, September 17th)**

CHEQUE #1 - \$95.00 total

- Athletic fee (sport: 1 to 2) \$60.00
- Meet entries/supply costs/transportation \$35.00

CHEQUE #2 - \$40.00 total (will not be cashed)

- Uniform Deposit (separate post-dated cheque to November 10) \$40.00  
*(will be returned to student upon uniform return)*

CHEQUE #3 - \$40.00 total (optional)

- Dri-fit Long Sleeve t-shirt \$40.00++

*++These items are optional.*

## **COACHES:**

Peter Grant                      [peter.grant@ocdsb.ca](mailto:peter.grant@ocdsb.ca)  
Mark Rab  
Mr. Mahzar

**TEAM CAPTAINS : TBA**

**TEAM MANAGERS:** Warren Fergeson

All the above information and updates can be found at:  
<http://petergrant.wikispaces.com/Homepage>

and on the CB Facebook cross country page...  
<http://www.facebook.com/groups/429428843760989/>  
Please sign up ASAP!

