

## Junior Knights Cross Country Fall 2018

The goal of the Junior Knight Cross Country program is to provide an opportunity to enjoy a positive and fun running experience at the junior high level in the context of team practices and meets. Certified coaches organize a cross country practice twice a week and plan workouts to prepare athletes to enter the middle school division of a few local cross country meets.

The program is open to any individual who is entering the 7th or 8th grade. **The schedule is designed to minimize conflicts with volleyball or football so that any students may choose to be involved.** Sixth graders are not eligible to be part of the Junior Knights CC program but are still encouraged to participate in the Unity and Western middle school meets as they have always done.

Practices will emphasize dynamic warmups, instruction in proper running form, introduction to different types of workouts and running games, pacing practice, suggestions for weekly training, and preparation for meets. The goal for everyone will be to learn to enjoy running in a positive, team context with other runners.

Students will need to find their own rides and are encouraged to car pool. Please come to Unity Christian for the first 2 practices on Monday and Wednesday, August 20th and 22nd at 4:00 pm and meet in the school lobby. **Participants will receive a t-shirt as a uniform to compete in. Two running practices or a competition and two practices will be held each week.**

**The registration form and the schedule can be found on the Unity Christian website. On the home page click on the menu “Our Programs / Jr Knights” and then the sport “Cross Country.”**

**Print and mail registrations and \$40 check to Mark Kauk, Unity Christian, 216 Michigan Ave SW, Orange City, Ia.**

**For questions, contact:**

Mark Kauk. Girls Varsity Coach  
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712-441-7220

Karl Kaemingk. Boys Coach  
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David Te Krony. Jr Knights Coach  
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712-470-7450

**SEE THE NEXT PAGE FOR PRACTICE AND MEET SCHEDULE !**

## Junior Knights Cross Country Fall 2018

Monday	Aug 20	1st Practice.	4:00-5:00 pm.	Drop off at Unity and meet in front lobby.
Wednesday	Aug 22	Practice.	4:00-5:00 pm	Unity Christian Lobby.
Saturday	Aug 25	Practice.	8:00-9:00 am.	Puddle Jumper Shelter House. Trail Run.
Wednesday	Aug 29	Practice.	4:00-5:00 pm.	Meet in Unity front lobby.
Saturday	Sept 1	Practice.	8:00-9:00 am.	OC Swim Pool Parking Lot. Distance run.
Tuesday	Sept 4	Meet.	4:30 pm	LeMars Invite Middle School Run (1.5 miles).
Wednesday	Sept 5	Practice.	4:00-5:00 pm.	Unity Christian Front lobby.
Saturday	Sept 8	Practice.	4:00-5:00 pm.	All Seasons Center in SC. Park Runs.
Wednesday	Sept 12	Meet.	4:15	Unity Place / Prediction Run. 6th, 7th, 8th.
Saturday	Sept 15	Practice.	8:00-9:00 am.	Puddle Jumper Shelter House. Trail Run.
Wednesday	Sept 19	Practice.	4:00-5:00 pm	Unity Christian Lobby.
Thursday	Sept 20	Meet.	4:40 pm.	Sioux Center Invitational at Dordt. 2 miles.
Saturday	Sept 22	Practice.	8:00-9:00 am.	All Seasons Center in SC. Park Runs.
Monday	Sept 24	Meet	4:15 pm	Western Christian Middle School. 6th, 7th, 8.
Wednesday	Sept 27	Practice.	4:00-5:00 pm	Vet's Park Shelter House.
Saturday	Sept 30	Practice.	8:00-9:00 am.	Puddle Jumper Shelter House. Trail Run.
Thursday	Oct 4	Meet	4:00 pm.	West Sioux Invite Middle School Run 2 mi.
Saturday	Oct 6	Practice.	4:00 pm.	All Seasons Center in SC.
Wednesday	Oct 10	Practice.	4:00-5:00 pm.	Puddle Jumper Shelter House.
Friday	Oct 12	Meet	4:00 pm	Unity Christian Middle School Run. 3K

**Jr Knights CC– 2018 Registration Form. Due by First Practice Monday, Aug 20.**

Last \_\_\_\_\_ First \_\_\_\_\_ M F

Parents/Guardians \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ Parent Email \_\_\_\_\_

Parent Cell # \_\_\_\_\_ for texting information regarding meets / practices.

School that you are enrolled \_\_\_\_\_ Home School \_\_\_\_\_ (x)

Grade fall of 2018 \_\_\_\_\_

**1. Permission To Participate**

I acknowledge that I am fully aware of the potential risks of participation in cross country. Therefore I do hereby waive, release, absolve, indemnify, and agree to hold harmless the Junior Knight Cross Country Program, and any and all organizers, coaches, supervisors, participants, from any claim arising out of any injury to my/our child whether the result of negligence or for any other cause.

**By my signature below, I hereby stipulate that I have read, fully understand, and voluntarily agree to all of the above.**

Signature of Parent Guardian \_\_\_\_\_

Print Full Name \_\_\_\_\_ Date \_\_\_\_\_

I have a signed **physical form** and **concussion form** on file at my middle school. Home schoolers need to bring their forms to the first practice.

\_\_\_\_\_ yes \_\_\_\_\_ no but intend to do so by \_\_\_\_\_.

T shirt size ( circle) Youth M L XL Adult S M L XL

**Print and mail registration with \$ 40 to Mark Kauk, Unity Christian, 216 Michigan Ave SW, Orange City Iowa. Due by First Practice: Monday, August 20.**