



Wheaton Christian Cross Country Families,

We are looking forward to a great 2018 season! If you are new to cross country, here are a few of the details to consider as you look ahead to our upcoming season.

Wheaton Christian Cross Country is open to all sixth through eighth graders and there are no cuts. All levels are welcome! Our races will be two miles, so that is the distance that we will be working to compete together as a team. If you are interested, please get all of your forms into the office (physical, concussion, travel) so that athletes are able to practice and compete in all of our meets. Take time now to get these forms from RenWeb or stop into the front office to get hard copies.

Our practice schedule will be from 3:45 until 4:45 Monday through Thursday. Friday's practice will run until 4:30 and will be an optional but encouraged "fun Friday" practice. These are days when we will play running games and hang out, so runners should plan to come if possible. We do hope this helps you manage the busy schedule of these fall months.

The season will begin the first day of school August 21 and will go until the middle of October (final meet date TBA). Top seven runners determined by meet performance will also have the opportunity to compete at the IESA Sectional meet on October 6 to potentially qualify for the IESA State meet the following weekend.

What do Wheaton Christian Cross Country Runners need? Other than the forms, all that is needed is a good pair of running shoes and comfortable running attire. Gym clothing works well for this, but a separate set of clothes that can go home to be cleaned is recommended (especially on those warm days). If you are looking for a good place to get fitted for running shoes, Dick Pond Athletics is located just west of campus on St. Charles Road, so it is conveniently located and they are helpful in identifying shoes for each runner.

I hope this information helps as you make the decision for fall commitments. We hope for some great opportunities to compete for God's glory and to improve physically, mentally, and spiritually through the process. What better way to accomplish this than through distance running as a team:

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith." (Hebrews 12 1-2)

Please let me know if you have any questions for this upcoming season.  
Go Spartans!

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