



RUNNING KNIGHTS

Cross Country (fall) and **Track & Field** (spring)
2021-22 school year

WHERE: Cypress Bend Park

WHEN:

- Beginning August 31 @ 5 pm
- Fall Dates: August 31 - December 17
- Spring Dates: January 10 - May 27 (some practices at Oak Run MS)

PRACTICE TIMES:

(Attend a minimum of 2 practices/week for the entire semester; additional practices as desired.)

- Monday 5-6 pm
- Tuesday 5-6 pm
- Thursday 5-6 pm
- Friday 8-9 am

MONTHLY FEES:

- \$35 for one child
- \$55 for 2 children
- \$75 for 3 or more children

We want this to always be a Run, Have Fun, and Bring Glory to God group. We will stretch, warm up, have long runs, sprints, hills, and some strength and core work. This year we will incorporate the competitive aspect and will run in cross country meets as well as track & field meets representing Grace Prep. Come join the GPA team and find out what you are made of!

Contact Coach Dale Parish to sign up.

dparish@gpa-nb.org

830-708-2696