

Lake Orienta Cross Country Season Schedule- Save the Dates!

Saturday's - 8am - 10:15am

Parents are responsible for their students supervision during each event. Always check in at the Lake Orienta Flag to get credit participation. All participants are required to have medical insurance prior to each event.

Any questions—Contact Mrs. Gonzalez at colleen4kids@outlook.com or 407-461-2611

January 25th Bear Lake Elementary, 3399 Gleaves Ct., Apopka

February 1st Millennium Middle School, 21 Lakeview Drive, Sanford

February 8th Forest City Elementary, 1010 Sand Lake Road, Altamonte

February 22nd All County Meet—Seminole State College, 100 Weldon Blvd, Sanford

Hosted by Lake Orienta! **Very Special Event!** All finishers get a medal.

Volunteers needed for 2/21 & 2/22, email colleen4kids@outlook.com if you can help

March 8th Hamilton Elementary School, 1501 East 8th St, Sanford

March 8th End of Season Party (following the Hamilton Race)

Ft. Mellon Park 600 East 1st St, Sanford. Please RSVP to colleen4kids@outlook.com



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Teacher—Please attach this notice in the planner of

Cross Country Participant:

Dear Cross Country Family,

We are excited about the remainder of the Cross Country Season! On the back side of this document you will find the schedule for the rest of the season. **Please save these dates & locations on your calendar.**

Practice will continue to happen each Friday at 7:45am. Coaches Henderson, Stine, Wildes and Gonzalez will lead the students in drills and stretching. We encourage you to practice running with your student for 15 minutes, 2-3 times per week.

On February 22nd our school is hosting the All County Meet at Seminole State College. **All runners will receive a finisher medal for participation!!** It is going to be an extra special event. If you can volunteer, please contact Mrs. Gonzalez

Please note that Mrs. Gonzalez's (team organizer's) email has changed. If you have any questions please contact her at colleen4kids@outlook.com or 407-461-2611.

Yours in health,
Coaches Henderson, Stine, Wildes and Gonzalez

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