



Shorewood
SCHOOL DISTRICT

SHOREWOOD RECREATION & COMMUNITY SERVICES DEPARTMENT
SCHOOL DISTRICT OF SHOREWOOD
1701 E. Capitol Drive
Shorewood, WI 53211
(414) 963-6913 x4 Fax (414) 961-3175

Cross Country 2019

Grade 5 – 6

Join us for Cross Country in this fun setting. We will train to build up to competing in meets during the season. While training we will use multiple routes throughout Shorewood. We will alternate our meeting area before running each week. We will meet at Lake Bluff for one week, then Atwater for the next week. Each participant will receive a location schedule. We will run, learn some basics about running, stretch and have a lot of fun! Practice three days a week is not mandatory. Come as much as you can, get some exercise and have fun. **On September 3rd, the program meets at the front steps at Lake Bluff by 3:40 pm. Please wear shorts and running shoes and be ready to run on the first day of the program.**

We rely on parent drivers for our meets. If you are interested in driving, please contact Justin Calvert via email at Jcalvert@shorewood.k12.wi.us. We will not participate in Saturday meets. Each participant will receive a team t-shirt. To register for this program, please contact the Shorewood Recreation Department online at www.shorewoodrecreation.org, or by calling our office at (414) 963-6913 x 4.

Course #: 1460.1
Location: Atwater and Lake Bluff Elementary (see calendar)
Date: Monday, Tuesday and Friday, September 3 – October 14 (MEETS on Wed & Thurs)
Time: 3:45 – 4:45 pm
Fee: Resident - \$26 / Non-Resident - \$39
Instructor: Alison Reinhoffer / Jack Andtrich
Meets: Start at 4:00 PM

Practice and Meet Information

1. All practices are from 3:45 – 4:45 pm. Please arrive by 3:40 as we will be leaving for our run and routes may vary.
2. LB = Lake Bluff Elementary, ATW = Atwater Elementary
3. Transportation – We will need drivers for meets. Please work with our coaches to inform them when you are available to drive and bring some of the kids to the meet(s). We will typically leave between 2:30 – 2:45 pm.
4. Coach Info: Alison Reinhoffer – 414-837-8474 alisonsayre13@gmail.com
Jack Andritsch – jandritsch00@gmail.com



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 – Practice @ LB Front Lawn	4	5 – Practice TILL 4:15 ONLY @ LB Front Lawn (Optional)	6 – Practice @ LB Front Lawn	7
8	9 – Practice @ ATW Front Lawn	10 – Practice @ ATW Front Lawn	11 – Bayside Meet @ Doctors Park	12	13 – Practice @ ATW Front Lawn	14
15	16 – Practice @ LB Front Lawn	17 – Practice @ LB Front Lawn	18	19	20 – Practice @ LB Front Lawn	21
22	23 – Practice @ ATW Front Lawn	24 – Practice @ ATW Front Lawn	25 – Glen Hills Meet @ Kletzsch Park	26	27 – OFF SHS Homecoming Parade and Football game	28
29	30 Practice @ LB Front Lawn					

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 – Practice @ LB Front Lawn	2 – University School Meet @ University School of Milwaukee	3	4 – Practice @ LB Front Lawn	5
6	7 – Practice @ ATW Front Lawn	8 – Practice @ ATW Front Lawn	9	10 – Conference Meet @ Kern Park	11 – OFF	12
13	14 – Walk to Culver's, Pick up at 4:30 pm					

Monday, October 14th – We will meet at each school and walk to Culver's after school for a single scoop of ice cream. Please plan to pick your child up at 4:45 at the Shorewood Culver's.