THOMAS PAINE CROSS COUNTRY TEAM



Fall 2023

3RD-5TH grades

1-2 mile races and fun with friends!

Practice Tuesday/Thursday 3:15-4:15pm

August 29th –October 5th

No prior experience needed

WANT TO JOIN THE TEAM? Scan to fill out the online form



Or return the following form to the office

Student Name:	Grade in Fall
Parent/Guardian Email Address	
Parent/Guardian Phone Number	
I understand my student needs a phy	sical(please Initial)
I Understand I will need to fill out a separate	e participation form/waiver at the
beginning of the season	(please Initial)

The team is free. Waiver, physical, & transportation required.

Consider running Tigers on the Prairie Summer Running Camp to get ready!

For more information about TP XC email Chelsea Giasson:

cgiasson@usd116.org

For more information about Tigers on the Prairie email Coach Stephanie: shelfrich@usd116.org.