

Date: August, 2019

Dear Parents and Guardians:

I want to welcome you to the 2019 cross country season. My name is Bolaji Adeoti and I am the head coach. My assistant coach is Ian Stewart. We are looking forward to another great season with your student athletes and all the memories that we will share as a team this year.

Attached you will find the rules that we will follow for the season. If at any time you have an issue that you would like to discuss, please do not hesitate to contact me at 630-991-0794. I am available from 11:15am to 11:50am during school hours or after practice every day. You may also contact me via email at [badeoti@sandwich430.org](mailto:badeoti@sandwich430.org) for any questions or concerns.

I have also attached a copy of our practice schedule as well as our meet schedule. Please know that at times, we may need to adjust our practice schedule to a different time. I will try my best to end practice at 4:45, Monday through Friday, advanced runners will practice on **Saturdays**.

Please have all the necessary forms/waivers, insurance, athletic fees, etc. submitted **PRIOR** to our first practice.

Please know that in order for your student athletes to leave from an away meet or extra-curricular event; student athletes must be signed out on the day of the event only by their parent or legal guardian. A signed out form will be provided by the coaching staff. Otherwise, the student will be expected to be transported back to school on the bus after the event.

The Sandwich School District does not allow students to ride with another person; or allow a note to be used to inform the coaching staff that the student is leaving the event with someone else. Per policy, in addition to the aforementioned, I will continue to have my own transportation procedures regarding travel, including but not limited to, asking for an athlete to ride to and from an event as a team.

Academic is our number **ONE** focus. Your continued support and encouragement of your student being the best student athlete they can be is greatly appreciated.

Please feel free to review the District's athletic handbook located on our website at [www.sandwich430.org](http://www.sandwich430.org). If at any time you have any questions or concerns please feel free to contact me.

Thanks,

Coach Adeoti