

Harriton Boys/Girls Cross Country

Fall 2019

Head Boys Coach: Mr. Daniel Hennessy

Email: hennesd@lmsd.org

Head Girls Coach: Ms. Larissa Binkley

Email: binklel@lmsd.org

Cross country practice will begin Monday August 12th from 8-11am. We will meet in the auditorium for an all fall sports meeting at 8am. Please bring all required paperwork i.e PIAA physical forms if you haven't already submitted them to the athletic office. We will practice Monday – Saturday throughout the season, rain or shine. You will need proper running shoes, a watch, a water bottle, and a reflective vest for practice. Check the team google site for information on summer runs, summer training plans, coaches contact information, etc. The team site is <https://sites.google.com/site/harritonramsc/>