



## ***DLS Cross Country FAQ 2019***

### **When is the first day of practice?**

The first day of practice is 8/12. On that day we meet at 1pm at the amphitheater between the 100 and 300 wings. We will have a team meeting before we do our workout that day.

### **What time does practice start and end?**

Practice begins 15 minutes after the last class period ends every day. Practice will last from 1.5-2 hours each day.

### **Where does the team meet for practice?**

The team meets in the small amphitheater between the 100 wing and the 300 wing, near the theater.

### **What do I need for practice?**

***Every day*** athletes will need a watch, running shoes, running shorts (soccer style shorts are okay, baggy basketball type shorts are not), and a running T-shirt. Later in the season, runners will need sweats.

### **When are the meets?**

The first meet is a time trial Friday 8/16 at Heather Farm Park in Walnut Creek. All meets are mandatory. The cross country schedule is posted on the school's website.

### **Who can answer other questions?**

DLS Cross Country head coach: John Pelster

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