

2021 Lakeland High School Cross Country

1. Make sure you are fully registered for the season by going to the following website:
<https://lakelandhawks.bigteams.com/>
You will find everything you need under “more” toward the upper right hand side of the page.

2. Sign up for XC Remind messages (both athletes and parents):
Text this number: 81010
Text this message: @lhsxc2021
This is our number one form of communication. By signing up you will receive text messages about practices, meets and any other important information. We recommend that both the parent and athlete sign up so that everyone knows what is happening.

3. While there is no fee beyond the ASB card cost, IMPACT test, and physical for XC athletes, we do have two opportunities that cost extra, but those are choices. One, we will be ordering team sweatshirts the first week of the season. Two, if we are able, we will be taking an overnight team trip to Missoula for a meet. Both of these are optional. You do not need to have a sweatshirt to be on the team, and if you do not want to go to the Missoula meet, you do not need to attend. We will give athletes the opportunity to sell car raffle tickets to cover these expenses; however, tickets can only be sold to family and friends and not door-to-door. Thank you.

4. Our first official practice of the season will be on Monday, August 9. Starting on August 9th, practices will start at 8:00AM and end by 9:30AM. That schedule will run through Friday, August 27th. The last week of the summer we shift to afternoon practices. Starting Monday, August 30th our practices will start at 2:30PM and end by 4:00PM (later in the season practices may go past 4:00PM on some days, athletes will be informed in advance of those days).

5. As COVID has shown, it is important for us all to make some changes for everyone’s health. As coaches, everyone’s health and safety is our first priority. Therefore, please make sure to bring your own water bottle to practice as sharing will NOT be allowed. We will also keep abreast of current CDC regulations, and we will expect our athletes to follow those guidelines. We will be clear with athletes and parents in our communication in person and via remind messaging as to what the expectations are for our athletes.

6. If you have any questions or concerns, please contact your coaches using their email:
Coach Shannon Mattila smattila@lakeland272.org
Coach Shannon Hall shall@lakeland272.org