

BULLDOG CROSS COUNTRY

BE A PART OF OAK PRAIRIE'S CROSS COUNTRY TEAMS

What is it? Cross Country races cover 1 or 2 miles & are run on grass course, such as parks or forest preserves.



What about practices? We'll practice Mon-Fri of each week usually on the school property around Oak Prairie. Most practices are after school & end at 4:15PM. Athletes will run 2-5 miles each day along with stretching, plyometric drills, & other cross country related activities.



Got questions? Email Coach Bond (kbond@d92.org) or Coach Welcome (kwelcome@d92.org).



What about cross country meets? Next season there are 15 meets scheduled. Usually there is one meet during a weekday. There are 5 bigger meets called invitationals on Saturdays. Oak Prairie will host 3 home meets.



Need More Info? Join our Google Classroom (Class Code: sui3rme) for a lot of useful info for students & parents.



Who can be on the teams? Any boy or girl in 6th, 7th, or 8th grades. Cross country is a non-cut sport. That means anyone who goes out is on the team! Another good thing about cross country is everyone participates in meets. There isn't a "bench" in cross country.