

Mill Creek Cross Country 2023
Parent Information
Enter to Learn, Go Forth to Serve

Use the QR code to sign up for the XC team



Coaches

Head Coach Nick Pierce
npierce@usd232.org
Asst. Coach Ryan Robie
Asst. Coach Katie Tagtmeyer

Schedule

Practices

- All Athletic Paperwork must be complete, online forms filled out and Activity/Insurance fees paid to be allowed to participate
- Conducted on Mill Creek school grounds or nearby neighborhood
- Athletes must participate in twelve (12) organized practices before they are able to participate in competition

Meets

Each meet is run independently. Information may change later in season

- Four separate races
- 4:00 start, following races will start after the conclusion of the prior race (around 30 minutes)
- Order of races
 - 7th grade girls
 - 7th grade boys
 - 8th grade girls
 - 8th grade boys

Equipment/Clothing

- Comfortable running shoes
- Practice T-shirt and shorts
- Filled water bottles

Issued Uniform

- Top and bottoms
- Recommended clothing worn underneath uniform be BLACK (T-shirts, sports bras, spandex tights, etc.)



