

Girls Cross Country Information

- BEFORE YOU SHOW UP TO RUN, YOU NEED TO HAVE A PHYSICAL ON FILE WITH THE FISD TRAINERS
- TO TURN IN PHYSICALS, UPLOAD EVERYTHING ON [RANK ONE.](#)
- YOU WILL NOT BE ALLOWED TO RUN WITHOUT IT
- NO EXCEPTIONS!

Starts Monday, October 7th

- A.M. practice 7-8 (mainly girls unless you have volleyball & basketball)-Door open at 6:45
- P.M. practice 4-5 (mainly boys unless you have volleyball & basketball)- Have a ride at 5

What to Wear:

- T-Shirt (Dri Fit Preferred)
- Comfortable shorts
- Running shoes (**bring extra shoes & socks** for the school day if running in the am because of dew in the morning, your shoes will get wet)
- Hair needs to be pulled back in a ponytail
- No jewelry



Where:

- Meet in the hall by concession stand, put up belongings, then tennis courts

Thank You,

Coach Devers

cdevers@fisdk12.net

<u>7th Grade</u>	<u>8th Grade</u>
	
7th Grade Girls Cross Country Sign Up Link	8th Grade Girls Cross Country Sign Up Link

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