



BOYS CROSS COUNTRY

Practice starts on Monday, October 7th

- Morning practice 7:00 am (doors open 6:15 am)
 - **Bring an extra pair of running shoes & socks.** Morning dew gets your shoes and socks wet and gross.
 - Maining girls practice unless you have football or basketball practice
 - Coach Devers the morning coach
 - Drop off in bus loop, put stuff in locker room, meet on tennis courts
- Afternoon practice 4:00- 5:00pm
 - HAVE A RIDE AT 5:00 PM SHARP in the bus loop.
 - Meet with all your stuff and backpack at the pavilion by the football field. Plan on not coming back into the building.
 - Mainly boys unless you have football & basketball.
 - Coach McKeever is the after school coach

<u>7th Grade</u>	<u>8th Grade</u>
 SCAN ME	 SCAN ME
7th Boys Cross Country Sign Up Link	8th Boys Cross Country Sign Up Link

