



Cross Country practice will start July 24, at 7:00 am, in the gym parking lot.

When school starts, practice will begin at 6:00 - 7:15 am, Monday -Friday

After Labor Day, practice will be from 4:00 pm - 5:30 pm

If you plan on attending, please update your information on Privit.

Things that you will need to for practice:

- Running shoes
- Water bottle
- Jump rope

Athletes should download the SportYou app. This is where CrossCountry information can be found.

- Access code for SportsYou: L643-57CD

Please contact Coach Hughley at [hughley.decarlos@fcboe.org](mailto:hughley.decarlos@fcboe.org) or Coach Penson at [penon.treon@fcboe.org](mailto:penon.treon@fcboe.org) with any questions.