

# Austin Summer Cross Country Training

***Interested in running Cross Country? Come join the cross-country team for summer practices!!!***

These practices are 100% optional, but they are a great way to meet the team, get fit over the summer, and see what the sport is like!

**Practices start on June 9<sup>th</sup> and will go through the last week of July.**

- ***Practice times & locations:***

***Mon / Wed: 8:30-9:30 am. Hormel Nature Center***

***Tues / Thurs: 6:30 – 7:30 pm. Austin High School***

- ***Who Can I contact if I have questions?***

Head AHS Boys Coach: Tony Einertson: [tony.einertson@austin.k12.mn.us](mailto:tony.einertson@austin.k12.mn.us)

Head AHS Girls Coach: Robin DeGlavin: [robin.deglavin@austin.k12.mn.us](mailto:robin.deglavin@austin.k12.mn.us)

Head Ellis Coach: Ruben Perez: [ruben.perez@austin.k12.mn.us](mailto:ruben.perez@austin.k12.mn.us)

Assistant Coach: Henry Henschcliffe: [henry.henschcliffe@austin.k12.mn.us](mailto:henry.henschcliffe@austin.k12.mn.us)

- ***Also feel free to reach out to team captains:***

Girls: Sydney Lewis, Ashley Reyes Garcia, Dori Olana

Boys: Tom Asmus, Jonas Hovland, Michael Dube

## **Other Resources:**

**Website**—[www.austinpackercctk.com](http://www.austinpackercctk.com) (can find info on meets, results, pictures and Parents' Guide)

**Remind App** for team communications:

**Parents:** text @austincp to 81010

**Athletes:** text @austincctk to 81010

**Twitter:** @packercctk

**We hope to see you this summer!!!**