

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 cross country is like!

Practices start on June 15th and will go through the last week in July.

Practice times & locations:

- Monday: at Wescott Field from 8:30 – ~10 AM
- Tuesday: at Ellis Middle School from 6:30 – ~7:30 PM
- Wednesday: at Jay C. Hormel Nature Center from 8:30 – ~10 AM
- Thursday: at Ellis Middle School from 6:30 – ~7:30 PM

NO practice will be held from July 4th – July 11th. Official practice will start on August 17th. All practice times may be subject to change due to weather.

Questions? Contact the following individuals:

Co-Head Coach Tony Einertson: tony.einertson@austin.k12.mn.us

Co-Head Coach Robin DeGlavin: robin.deglavin@austin.k12.mn.us

Head Middle School Coach Ruben Perez: ruben.perez@austin.k12.mn.us

Assistant Coach Henry Hinchcliffe: henry.hinchcliffe@austin.k12.mn.us

Feel free to reach out to our captains if you have other questions!

Girls Captains: Sydney Lewis, Ashley Reyes Garcia, Julia Cline, Kya McManus, Eve Kewatt

Boys Captains: Nathan Mullenbach, Ian Johnson, Jude Hovland

Other Resources:

Website: www.austinpackerctk.com (you can find future meet information, results, pictures, and the Parents Guide to Cross Country here).

Remind App (parents): Text @austincep to 81010

Remind App (athletes): Text @austincctk to 81010

Twitter: @packercctk

We hope to see you this summer!!!