

**** CENTRAL CROSS COUNTRY 2020 ****

Our first practice will be Monday, August 17th. You will need to be dressed and ready to go at your designated practice time. (see times below) You will need to be wearing light weight, light colored clothes and a good pair of running shoes. Water will be available, but bring your own as well.

In order to practice, you will need to:

1) get a physical

Fill out your physical form completely (front and back)

You can get the form at....

- Online at www.edmondschools.net, athletics, athletics schedules and forms, electronic participation forms

2) complete the appropriate paperwork online. See below for directions:

Fill out the necessary forms online.

- Online at www.edmondschools.net, athletics, athletic schedules and forms, electronic participation forms

Use of 'REMIND': I will use this app for most of my communication.. It is imperative that you access this!!

Search 'remind' - click 'join remind' - type in Class code bdfd73

Please see me for further info if you are unaware of how to access!!

Practice Schedule:

Girls team:

Monday and Wednesday from 3:00 to 3:45

Tuesday and Thursday from 3:45 to 4:30

Boys team:

Monday and Wednesday from 3:45 to 4:30

Tuesday and Thursday from 3:00 to 3:45

Friday practice will be in the am at 7:00 for ALL and is optional.

Practice days will vary depending on our meet schedule.

Parents your prompt pickup of your athlete is appreciated.

All runners are encouraged to begin working out in the summer in order to be ready for practices when the season begins. A practical goal would be to start out running one or two miles two to three times a week and work up to two to three miles three or four times a week. We will begin attending meets very quickly after the onset of school so preparation this summer is vital.

If you have any questions during the summer, you can reach me at 317-6355 (Coach Weathers). We hope you have a safe, fun, awesome summer! See you when we return!

Sincerely,

Coach Weathers and Coach Ryan