

JUNIOR HIGH XC SUMMER PRACTICES

Starting Thursday, June 1, 6:15 - 7:30 AM HS Track (Please drop off and pick up your student on the northeast side of the track - south of the JH)

We will practice each Monday and Thursday throughout the summer except for the week of July 4 - (no practices at that time at all.) 6:15 AM to 7:30 each practice- students taking Summer School will have time to go inside and get cleaned up and eat breakfast before class starts.

FRIDAYS : (AS OF NOW) - Ultimate Frisbee run by the HS runners. Coaches will not be present, attendance is optional BUT IT IS SUPER FUN!

Always bring your own WATER BOTTLE.... I WILL NOT PROVIDE IT FOR YOU!

NO PHONES DURING PRACTICE, you can leave all your things with the other runners' stuff, we have never had issues with that.

We WILL have access to Restrooms.

REMIND - PLEASE JOIN THE REMIND SERVICE,
this will be my primary means of mass
communication with all of you.

Text the number @ba9dehh to 81010 to join.
Please have your parents do that. If you have a
phone, you need to join as well!

Coach Drake: 417-539-2411