

Fall Announcement for Cross Country:



We look forward to the 2011 season!
All 7th-12th graders are welcome to join us for a week of pre-season fun!

Pre Season Training:

All are welcome to a week of pre-season training with the cross country team!
Come on out even if you have never tried running before!

When:

- Tuesday, August 16th 4:00-5:00
- Wednesday, August 17th 4:00-5:00
- Thursday, August 18th 4:00-5:00

Come as few or as many practices as you are able!

Where: We will meet in the Desert Academy Courtyard.

What to Bring to all workouts:

A full water bottle

Running shoes

Appropriate clothes to run and workout in! (Watch the weather. Be prepared!)

Physicals:

All athletes are required by the NMAA to complete a sports physical prior to the first official competition. This physical will be valid for the entire 2011-2012 school year.

The physical forms are included in this packet or are available at the front desk.

We will also be handing out the forms at the pre-season practices.

Practice Schedules: Starting August 22

More specific practice schedules will be handed out during the pre-season practice days, but here is how it looks right now:

Cross Country: Middle School: M, T, TH 3:30-4:45 @ Desert
Varsity: M, T, W(3:30-5:15), TH @ Desert
(WEDNESDAY is a varsity only extended practice.)

Questions: Please feel free to call me with any questions.

Lis Desmond, cross country running: 690- 4897

Or Igildes@desertacademy.org