

2019-2020  
**LAKOTA EAST HIGH SCHOOL**  
Women's and Men's Cross Country

**HOME PRACTICE FACILITY** – Fort Liberty Park, Keehner Park, and Voice of America Park

**TEAMS** – Varsity and Junior Varsity

**TRAINING SESSIONS** – Cross Country conditioning will be held for all interested distance runners. While these training sessions are not mandatory, they are strongly encouraged and recommended!

- Pre-season mandatory meeting – Thursday, May 30<sup>th</sup> at 5:30 p.m. in the Lakota East High School Café.
- Conditioning: June 10<sup>th</sup> – July 31<sup>st</sup> (see attached calendar)
- Official Mandatory Practices: Starting August 1<sup>st</sup> (see attached calendar)
- Lakota East 5k Time Trial: Saturday, August 10<sup>th</sup>. 9:00 a.m. at Voice of America Cross Country course.

**TRYOUT INFORMATION** – There are no tryouts for cross country. All interested athletes will be able to join the team. However, athletes must demonstrate that they can run 3 miles without walking before being entered in their first meet.

**OFFICIAL PRACTICE TIMES** –

- Monday and Wednesday: 3:45 – 5:30 p.m. at Fort Liberty Park
- Tuesday: 3:45 – 5:30 p.m. at Keehner Park
- Thursdays and Fridays: 3:45-5:30 p.m. at Voice of America Park
- Saturdays: Meets or practice. Practices will be from 9:00 – 10:45 a.m. Practice locations TBA.

**STUDENT PRE-PARTICIPATION PHYSICAL FORMS** – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to first conditioning or official practice attended. **NO PHYSICAL = NO PARTICIPATION!** All other forms are made available through the Final Forms system.

**PARENT/ STUDENT-ATHLETE MEETING** – Meet the Team Night will be held on Monday, August 5<sup>th</sup>, 2019 at 6:30 p.m. in the Lakota East High School gymnasium. Doors will open at 5:30 p.m. in order to pay participation fees and purchase sports passes. It is **MANDATORY** that at least one parent and the student-athlete be in attendance.

**SENIOR NIGHTS AND SPECIAL EVENTS**

- Senior Night – TBA
- Booster Bash – TBA

**FOR ADDITIONAL INFORMATION** you may contact head coach, Adam Thomas at [thomasa@greatoaks.com](mailto:thomasa@greatoaks.com).