

2020-2021
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 – TBA in the Lakota East High School Café.
- Conditioning: June 23rd – July 25th
- Official Mandatory Practices: Starting August 1st

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 virtually this year. More information to come.

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.