

2025 Boys Cross Country

Captains Practices: This is a no coaches contact period, so captains will be running these pre-season practices for all athletes.

Date: Friday, August 1st-Friday, August 8th

Days: Monday-Friday

Time: 7-8:30 AM

Location: Kaplan's Woods Parking lot

Registration/Physical: Make sure to have a current sports physical on file, and register before the season begins on August 11th so you can participate right away. You can register and sign up for free sports physicals online at: www.owatonnaactivities.com

First Day of Practice: We will meet on **Monday, August 11th at 7 AM @ the Kaplan's Woods** parking lot. Wear your running shoes, and bring a water bottle with.

Parent/Athlete Meeting: The mandatory parent athlete meeting will be **Monday, August 11th @ 6 PM in the OHS auditorium**. Following the main meeting we will breakout into our own specific boys' cross country meeting in the foundation room where we will review season information.

Coaches:

Luke Holt - Varsity (lholt@isd761.org)

Jacob Jensen - Assistant Varsity

Ann Gilbertson - Middle School