

2023 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: July 31st-August 11th

Days: Monday-Friday

Time: 8-9:15 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 14th 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 14th at 8 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 14th @ 6 PM in the new OHS auditorium**. Following the main meeting we will breakout into our own specific boys' cross country room where we will review season information.

Coaches:

Luke Holt - Varsity (lholt@isd761.org)

Jacob Jensen - Assistant Varsity

Chelsea Grambo - Middle School