

Boys and Girls Cross Country



Thank you for your interest in the Las Vegas Cross Country Running Team. We are very excited about the upcoming 2009 Cross Country season.

Running Cross Country provides an excellent opportunity to prepare for participation in a winter or spring sport.

Here is all you need to do to become a member of the team:

- Immediately obtain an athletic packet from the Athletic Office. (\$25.00)
- See a doctor for a physical exam.
- Return the packet to the Athletic Office.
- Come to practice beginning on July 13th at 8:00 a.m.
- Bring shorts, shirt, running shoes, and plenty of water.
- When you become a member of the team you will be expected to perform not only on the field, but in the classroom as well.

We are excited to welcome you to the LVHS Cross Country Team.

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Attention all runners, summer practices will be held at 8:00 am. on the dates posted below. We will be meeting on the soccer field to stretch and warm up. The practice dates are subject to change. Be sure to bring adequate amount of water for during and after practice. Practices will be anywhere from 1 to 1/1/2 hours long, so be on time. If the coaches have to make more than 2 phone calls home because of a no show or a no call for a missed practice, it will be assumed that the individual is no longer interested in running cross country. Feel free to contact the coaches at the phone numbers listed below. All athletes and parents must sign and return the enclosed, off season sport permit. All athletes must have their athletic packets in by August 17th or you will not be allowed to practice. NAIA rules state that all athletes must have 10 practices in before the first competitions.

July: Monday 13
Wednesday 15
Thursday 16
Monday 20
Wednesday 22
Thursday 23
Monday 27
Wednesday 29
Thursday 30

August: Monday 3
Wednesday 5
Thursday 6
Monday 10
Wednesday 12
Thursday 13

August: First official practice begins Monday 17 thru
November, **Everyday**

Coach Padilla Home- 451-6876
Cell – 353-7449

Coach Brown 355-1836

Uvette Francis Cell-521-6576