

CROSS COUNTRY SIGN UP



NEW CROSS COUNTRY RUNNERS

Students that are new to Cross Country will be given a beginner's training plan and put into a Google Classroom so they can get started on training until we are allowed to reconvene as a team.

Sign up for the 2020 Cross Country team is open. If you are interested in being a part of the team, contact Coach Koonce (john.koonce@esd-15.org) or Coach Gavin (rachael.gavin@esd-15.org).

Cross Country is a fall sport that takes place from the end of August to the beginning of November. We practice during the summer.

To make the team, an athlete must hit a qualifying time standard. The athlete is allowed to train to get to this point as opposed to being required to hit the time without adequate training.



All athletes are required to get a physical. The AAA physical form will be given to you when you contact Coach Koonce or Coach Gavin.