

OFMS Cross Country begins Monday, August 3rd at 8:00am!
(We will meet on the west side of the building, on the outdoor basketball courts.)

All athletes must have a physical and an emergency medical card turned into the office before the first practice! Athletes should come prepared with a water bottle to every practice. No tryouts are held for the middle school cross country team.

Practice:

Practice will run from 8:00-9:00am Monday through Friday until school starts. Once school starts, practice will run from 3:45-5:00pm, Monday through Thursday. Fridays are reserved for team dinners, which run until 4:30pm. (Team dinners are always the day before a meet. If we do not have a meet on the following Saturday, we will have a regular practice until 5:00pm. If we have a meet during the week, team dinner will be the day before that meet.)

Parents: If you are able, please sign up for remind101. This is an app that will allow Coach Laubert to send you quick messages via phone or email. (For example, this could be used for updates about practices or meets.) There are 2 ways you can sign up.

1) Go to <http://www.remind.com/join/2015bull> and follow the instructions.

OR

2) Text @2015bull to the phone number, 81010.

Please email coach Molly Laubert with any questions! mlaubert@ofcs.net

We are looking forward to a great season!!