

2017 Longfellow Cross Country

Practice schedule

Starting on September 6th, cross country practices will be from 2:50pm until somewhere between 4:15pm and 4:30pm. Occasionally a practice may last until 4:30pm or a touch later (Hills of Death, A & W Run, etc).

What to bring/wear etc.

Each day, athletes should bring their running shoes, clothes to run in (a t-shirt, shorts, running shoes, and if the weather warrants, sweat pants, sweatshirt, rain gear, etc.). The girls typically use the girls P.E. locker room to change and should bring a lock to lock up their clothes. The boys generally change in the bathrooms in Longfellow (the locker room is reserved for football). All athletes can put their belongings in the small gym. The volleyball coaches will keep an eye on them. Students are not allowed up to their lockers or anywhere in the school other than the gym area after practice. They must take everything they need with them down to the gym or locker room. Athletes should be picked up near the gym entrances near Redfield Street or at the back of Longfellow.

Athletic Forms:

All athletes must have a valid sports physical on file before they are allowed to participate in athletics. Doctor physicals dated after April 1, 2016, are valid for this school year. A green physical card must be filled in by a physician before an athlete can participate. If an athlete had a physical last year, an Alternate Year card (beige) must be turned in this year (physicians do not need to sign this – only parents). These forms are available in the office or this can be completed and/or submitted online.

Transportation:

Busses will be provided to and from meets except meets at city of La Crosse Meets (Pettibone, Myrick, Copeland) where students need to find a ride on their own. Carpooling is encouraged. Coaches cannot transport students.

Meet schedule:

Monday, September 18th	4:30	Sparta Meet	Meadowview Middle School
Tuesday, September 26th	4:15	West Salem Grade Level Meet	West Salem Elementary
Friday, September 29th	4:30	Caston Invite	Cashton Village Park
Tuesday, October 3rd	3:45	City Meet	Pettibone Park
Thursday, October 5th	4:30	Viroqua Invitational	Viroqua Middle School
Monday, October 9th	4:15	Longfellow Meet	Pettibone (subject to change)
Tuesday, October 17th	4:30	Logan Meet	Pettibone (subject to change)
Monday, October 23rd	4:15	Conference Meet	Westby High School