

# Longfellow Cross Country 2023

## Practice schedule

\* The first day of practice will be Friday, September 1st right after school in the front of Longfellow. It will last until 4:15. This is an actual practice - we will be running routes.

\* Starting on September 1st, cross country practices will be from 2:50pm until somewhere between 4:00pm and 4:15pm but mostly will end by 4:15. 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 students generally change in the bathrooms in Longfellow. All athletes put their belongings in the small gym. The volleyball coaches will keep an eye on them. Students are not allowed to go to their lockers or anywhere in the school other than the gym area after practice. They must take everything they need with them to the gym. Athletes should be picked up near the gym entrances near Redfield Street or at the back of Longfellow.

For meets, Longfellow provides a jersey (singlet) which is to be returned at the end of the season. Short, shoes, sweats, etc are not provided)

## 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, 2022, are valid for this school year. All registration information must be completed on-line at the Longfellow website. Hard copies of the physical forms can be turned in to the coaches or the office.**

<https://www.lacrosseschools.org/longfellow-middle/activities-athletics/fall-sports/>

## Transportation:

Buses will be provided to and from meets

## Meet schedule:

|                          |        |                             |                                   |
|--------------------------|--------|-----------------------------|-----------------------------------|
| Tuesday, September 12th  | 4:30pm | Holmen Meet                 | Holmen High School                |
| Tuesday, September 19th  | 4:15pm | West Salem Grade Level Meet | West Salem High School            |
| Saturday, September 23rd | 9:00am | La Crosse Extravaganza      | Maple Grove Country Club (no bus) |
| Tuesday, September 26th  | 4:15pm | Longfellow Meet (Home)      | Pettibone Park)                   |
| Tuesday, October 5th     | 4:30pm | West Salem Meet             | Maple Grove Country Club          |
| Tuesday, October 10th    | 4:15pm | Aquinas Meet                | Myrick Park (no bus)              |
| Monday, October 18th     | 4:00pm | Conference Meet             | Maple Grove Country Club          |

\*\*\* Times may be adjusted closer to the meet date \*\*\*

## Important Dates

|                         |              |                                |                                 |
|-------------------------|--------------|--------------------------------|---------------------------------|
| Monday, August 28th     | 6:00pm       | Popsicle Family Fun Run        | Front of Longfellow             |
| Friday, September 1st   | 2:50 - 4:15  | Practice after school          | Front of Longfellow or Rotunda  |
| Monday, September 4th   | Labor Day    | No Practice                    |                                 |
| Tuesday, September 5th  | 2:50 to 4:15 | Regular practices begin        | Front of Longfellow             |
| Saturday, September 9th | 10:00am      | Family Trail Run at ORC Trails | ORC Trailhead (more info later) |
| TBD                     | 3:10pm       | Hills of Death Family Fun Run  | Front of Longfellow             |
| TBD                     | 3:00pm       | Annual A&W Run                 | Front of Longfellow and A&W     |

Jon Morschhauser  
[jmorschh@lacrossesd.org](mailto:jmorschh@lacrossesd.org)

Pam Popp  
[ppopp@lacrossesd.org](mailto:ppopp@lacrossesd.org)