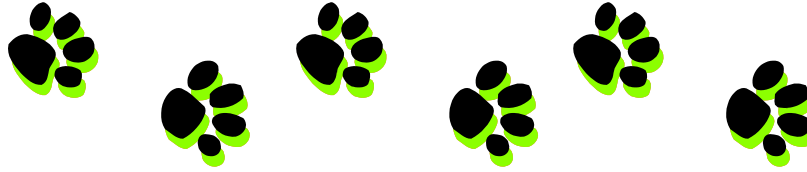


Fall Announcement for Cross Country



We look forward to the 2010 season!
All 7-12 graders are welcome to join us for a week of pre-season fun!

Pre Season Training:

All are welcome to a week of pre-season training with the cross country team!
Come on out even if you have never tried running before!

When:

- Tuesday, August 17 4:00-5:00
- Wednesday, August 18 4:00-5:00
- Thursday, August 19 4:00-5:00

Come as few or as many practices as you are able!

Where: We will meet in the Desert Academy Courtyard.

What to Bring to all workouts:

A full water bottle

Running shoes

Appropriate clothes to run and workout in! (Watch the weather. Be prepared!)

Physicals:

All athletes are required by the NMAA to complete a sports physical prior to the first official competition. This physical will be valid for the entire 2010-2011 school year. The physical forms are available on our website at : www.desertacademy.org - under the student life/school forms and announcements link or on the New Mexico Activities website at http://www.nmact.org/athletics_physical_information.

We will also be handing out the forms at the pre-season practices.

There will be an opportunity to get a physical at Desert Academy on August 15 at 10:00am. There will be a sign up sheet when you get there. Please bring your physical form signed by a legal guardian. Cost is \$25.

Practice Schedules:

More specific practice schedules will be handed out during the pre-season practice days, but here is how it looks right now:

Cross Country: Middle School: M, T, TH 3:30-4:45 @ Desert

Varsity: M, T, W (3:30-5:15), TH @ Desert

(WEDNESDAY is a varsity only extended practice.)

Questions: Please feel free to call Lis Desmond with any questions: 690- 4897,
Or email: lisardg@hotmail.com

