

FOR CROSS COUNTRY INFORMATION EMAIL:

Coach Lisa Worlow - worlowl@conwayschools.net

Requirements: Current physical and other required forms by August 14th.

Physicals are required by all athletes participating in CPS Athletic Program. **Handbook-Consent Form and Concussion Form** - must be signed by parent and student. This should be done online.

-Expectations: CONTACT COACHES BEFORE SCHOOL STARTS. DO NOT WAIT AND COME OUT THE FIRST WEEK!!!!

Be able to run 2 miles without stopping by Thursday, August 17th

-Optional Summer Practice:

We have optional summer practice beginning June 5 at 6:30 a.m. at the walking trail on Salem Rd or other destinations. We meet Monday, Wednesday and Friday.

-Join the CC Remind to get updates and Information regarding locations and practices times

-Official Practice: Summer/ Before School Practice **starts on July 10th** at CHS Football Stadium.

Contact and sign-up for the athlete remind me so that we can get summer practice locations to you!!!