**Congratulations on making the 2022 Deerlake Cross Country Team!**

Below are a few important things to know:

* Join the CC remind…this is how we will communicate EVERYTHING…have your parents join too!!! The invite code is attached to this sheet and also on the Cross Country website.
* The meet schedule and locations are on the Deerlake Cross country page. Runners should be there 30 minutes prior in order to properly warm up and stretch.
* We will provide more details about meets through REMIND
* Many of this seasons workouts will be on your own….it is critical that you do all of the workouts we give you for you to improve. If you do what we tell you, you will improve!
* Don’t forget….you need to join the CC REMIND! (instructions attached)
* The first meet is Wednesday August 24th.
* Please get your $20 team fee to Mr. Burkey ASAP. Checks should be written to DMS

 **Workout and practice schedule for each week: (changes and specific details will be sent on REMIND)**

Monday, Tuesday – practice at 8:00 a.m. (Tennis Courts)

Wednesday- Meet day (except Montford meet) NO PRACTICE

Thursday – practice at 8:00 a.m. (Tennis Courts)

Friday- Light run on your own at home.

Saturday- This should be a hard workout day. We will send specifics via REMIND (you will only get out of this what you put into it, so please follow our workout exactly)

Sunday- Lighter work out on your own at home. Workout specifics will be sent via remind.