

6th Grade Coach: Kate Adragna
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7/8th Grade Coach: Gloria Slack
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EXPECTATIONS- I expect everyone on the Cross Country team to first and foremost **HAVE FUN!!!** I want sports to be a positive experience for all of those who participate, and having fun is the key ingredient. Also, I want the students to be able to experience what it is like to work toward a goal and achieve it, compete against others in a sports person like fashion, and learn how to stay fit through athletics the rest of their lives.

EQUIPMENT- Athletic shoes.

PRACTICE/GAMES- All Practice/Meets will be held at Iron Horse from 3-4.

Date:	Location:	Time:
Thursday 10/1	Iron Horse	3-4
Monday 10/12	Iron Horse	3-4
Thursday 10/15	Iron Horse	3-4
Monday 10/19	Iron Horse	3-4
Thursday 10/22	Iron Horse	3-4
Monday 10/26	Iron Horse	3-4
Thursday 10/29	Iron Horse	3-4
Monday 11/2	Iron Horse	3-4
Thursday 11/5	Iron Horse	3-4

