

WAKULLA MIDDLE SCHOOL GIRLS CROSS COUNTRY

Joining the Team

In order to participate, students must:

- have an up-to-date physical evaluation on file with the school.
- turn in consent and release forms for the 2017-2018 school year.
- maintain passing grades throughout the season.

All grade levels welcome.

All athletic abilities welcome.

Why Join?

- Improve physical and mental health
- Improve stamina in other sports
- Set Personal Records (PRs)
- Prepare for the zombie apocalypse
- Have a ton of fun and make friends
- The list goes on...



Summer Conditioning & Practices

Where: Wakulla Middle School
Meet in front of the gym

When: 5:45 PM to 6:30 PM

Conditioning Dates:

Tuesday, July 18th

Wednesday, July 19th

Thursday, July 20th

Tues., July 25th

Wed., July 26th

Practice Dates:

Tuesday, August 1st

Wednesday, August 2nd

Thursday, August 3rd

Tues., August 8th

Wed., August 9th

A parent/guardian must confirm student attendance by July 10th in order for the student to participate in the above conditioning/practices.

Contact Coach Deneen at 926-7143 ext. 127 or jessica.deneen@wcsb.us with student name, grade, and emergency contact info to confirm attendance.

*During the school year, practices are held on Mondays, Tuesdays, and Thursdays from 2:30 PM to 4:30 PM. Students who do not attend summer conditioning or practices will still be given the opportunity to join. A detailed practice and competition schedule is released within the first month of school. **Questions? Contact Coach Deneen.***