



Lincoln Middle School



Cross Country

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| What is Cross Country? | <p><i>Cross country is a co-ed, non cut sport open to all students in 6th-8th grade.</i></p> <p><i>Students with all running abilities are encouraged to join to improve their overall fitness level and running ability in a team focused, individual centered program.</i></p> |
| Practice: | <p>Pre-Season Camp: Thursday 8/17-8/18 and 8/21</p> <p>Regular Season: Tuesday 8/22 - Wednesday 10/5</p> <p>All practices start in Coach Scott's room from 2:45-4:30</p> |
| Competition: | <p>There is one meet per week during the regular season on Thursdays and a few Saturdays</p> <p>Athletes are responsible for completing the school work they miss to attend athletic events.</p> <p><i>*** See the other side for the competition schedule ***</i></p> |
| What do I need? | <p><u>All Lincoln athletes are required to have:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sports Registration Form <input type="checkbox"/> Payment <input type="checkbox"/> Physical <input type="checkbox"/> XC Student info Sheet: https://forms.gle/Vuhq2LmHGEguYAPo6 <p><u>Cross Country Recommendations:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Running Shoes - <i>We do lots of running each week and a good pair of running shoes helps prevent injury</i> <input type="checkbox"/> Water Bottle - <i>Hydration is essential and practice will be hot</i> <input type="checkbox"/> Hat and Sunscreen (optional) <input type="checkbox"/> Athletic clothing <input type="checkbox"/> Watch or phone with a timer |

Contact us Coach Scott → fjessupscott@pdschools.org
 Ast. Coach Rodrigo → aschneeberger@pdschools.org

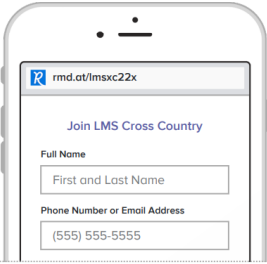
Sign up for Remind
 Get information for LMS Cross Country right on your phone—not on handouts.

If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/lmsxc22x

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

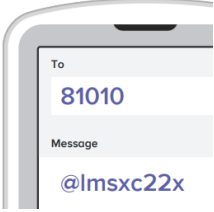


If you don't have a smartphone, get text notifications.

Text the message @lmsxc22x to the number 81010.

If you're having trouble with 81010, try texting @lmsxc22x to (303) 731-4514.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/lmsxc22x on a desktop computer to sign up for email notifications.

'23-24 XC Season Calendar

(Note: please sign up for remind to get notification about any calendar changes)

August

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-----|------------------------------------|------------------------------------|------------------------------------|---|---|---|
| | 21 <i>Practice</i> 2:45-4:30 | 22 <i>Practice</i> 2:45-4:30 | 23 <i>Practice</i> 2:45-4:30 | 24 <i>Practice</i> 2:45-4:30 | 25 <i>Practice</i> 2:45-4:30 | 26 <i>John Martin Invite @ FCHS</i> Times TBD |
| 27 | 28 <i>Practice</i> 2:45-4:30 | 29 <i>Practice</i> 2:45-4:30 | 30 <i>Practice</i> 2:45-4:30 | 31 <i>LMS Invitational @ LMS</i> 3:30-5 pm | Lincoln Invitational NOTE ***** Please arrive extra early to find parking. Expect to park and walk to the school | |

September

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|----|------------------------------------|------------------------------------|------------------------------------|--|--|---|
| | | | | | 1 <i>Practice</i> 2:45-4:30 | 2 |
| 3 | 4 Labor Day <i>No Practice</i> | 5 <i>Practice</i> 2:45-4:30 | 6 <i>Practice</i> 2:45-4:30 | 7 LMS vs. Blevins & CLP @ Rolland Moore Park 1-2pm | 8 <i>Practice</i> 2:45-4:30 | 9 |
| 10 | 11 <i>Practice</i> 2:45-4:30 | 12 <i>Practice</i> 2:45-4:30 | 13 <i>Practice</i> 2:45-4:30 | 14 LMS vs. Boltz & Preston @ Spring Canyon Park 3:30-4:30 | 15 <i>Practice</i> 2:45-4:30 | 16 |
| 17 | 18 <i>Practice</i> 2:45-4:30 | 19 <i>Practice</i> 2:45-4:30 | 20 <i>Practice</i> 2:45-4:30 | 21 <i>Practice</i> 2:45-4:30 | 22 <i>No School</i> <i>No Practice</i> | 23 RattleSnake Rumble @ Spring Canyon Park Times TBD |
| 24 | 25 <i>Practice</i> 2:45-4:30 | 26 <i>Practice</i> 2:45-4:30 | 27 <i>Practice</i> 2:45-4:30 | 28 LMS vs. Wellington & Preston @ Wellington MSHS 4:30-5:30 | 29 <i>Practice</i> 2:45-4:30 | 30 |

October

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|---|-----------------------------------|-----------------------------------|-----------------------------------|--|---|---------------------------|
| 1 | 2 <i>Practice</i> 2:45-4:30 | 3 <i>Practice</i> 2:45-4:30 | 4 <i>Practice</i> 2:45-4:30 | 5 District Championship @ Spring Canyon Park 3:30-5pm | 6 <i>Walrus Ice Cream Celebration Run</i> 2:45-4:15 | 7 END OF SEASON |
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