

Hello,

My name is Jeff Brennan. I teach 6<sup>th</sup> grade science here at Lincoln Middle School. I have been in education for the past sixteen years from the college level to the middle school level. My passion for cross country as well as track and field run deep. I ran collegiately at a small school in Iowa by the name of Buena Vista University. I have had the pleasure of coaching at all levels (college to middle school). I am so thankful for the opportunity to coach here at Lincoln Middle School. I look forward to my first season as the head cross country coach. I have led the track teams the last two years and our boys' and girls' teams have produced multiple all-district performances at the district championships.

Our expectation is for the kids to value the work and effort that goes into becoming a cross country student-athlete. We want our cross-country athletes to lead inside the school building with good character. The coaching staff expects our athletes to attend practice daily, but we will not discourage kids that have multiple fall commitments. We have had many track and field athletes the past two years that participated in multiple activities and manage to compete in practices and meets accordingly.

Here are a few main bits of information on the upcoming cross-country season.

- Practice will begin at 2:45 in Mr. Brennan's Room (RM 134) and end at 4:00 daily.
- 1<sup>st</sup> day of practice is Wednesday, August 22<sup>nd</sup>.
- Student-athletes must pay the athletic department fee and have a physical to be eligible to participate.
- The expectation is to come to practice daily, but we as a coaching staff will work around other fall commitments.
- I have included a calendar of practice times and the meet schedule.
- If you have any questions prior to the start of practice on Wednesday, August 22<sup>nd</sup> please feel free to email or call. My email is [jbrennan@psdschools.org](mailto:jbrennan@psdschools.org) and cell # is 303-653-1631.

Sincerely,

Jeff Brennan