

CROSS COUNTRY 2021

Wow, another year has passed and we are about to begin fresh, anew!! As I write this, Varsity practice will begin 3 weeks from today, but don't worry, you will be ready to compete in no time.

We were fortunate to have some semblance of a season last year. The roster was one of the biggest we have ever had in recent memory. It was made up of our traditional veterans, some newcomer runners, and a melange of athletes from volleyball, football, and swim. The team worked together from the start and excelled in the short season that we had. It made for some interesting workouts and exciting Friday fun days for sure.

Varsity Athletes will begin practices:

Monday, August 23th from 8:00 am to 9:30 am

Modified Athletes will begin practices:

Monday, August 30th from 8:00 am to 9:30 am

*****PARENT MEETING - 8:00 am on 8-30-2021*****

We will meet in the high school parking lot to discuss our rules, safety, and our season. We will be practicing at the same time every day, Monday through Friday, until school starts. The expectation is that you attend every practice and every meet. We understand that there is a lot going on for families, all we ask is that you communicate with us if you cannot be at practice or a meet. Communication is the key.

It is a very hot and humid summer, so be sure to stay well hydrated. Bring a water bottle or bottled water, no

sharing. Drink plenty of water, this is the best to drink. Limit your in-take of sports drinks and no soda!! Also, it is important to eat a healthy diet with lots of fruits, vegetables, and protein (meats, beans, etc.)

Enjoy the rest of your vacation. We are looking forward to having another great season of Gouverneur Cross Country!!

Thanks,

Get our cell numbers from your child, athletic office, or request via email.

Coach Cummings: cummings.shawn@gcsc12.org

Coach Baer: baer.joel@gcsc12.org

Feel free to contact us with questions or concerns.