

2021 Summer Running and Cross-Country Information

Summer running is on!!!!

- We meet at the baseball shed in the MS parking lot. Look for my black Honda Civic.
- Practice is from 10:30-11:30.
- ANYONE is welcome to join summer running--siblings, parents, friends. You do NOT have to be a part of the cross-country team to take part in summer running
- You do not need to "sign up." Simply show up to any or all of the practices you can.
- Bring a water bottle and wear your running shoes.
- These dates are subject to change and to cancellation due to weather. For any changes, I will send a text via the REMIND app (please see below on how to join)

Week 1: Monday, July 5 and Thursday July 8

(no practice week of July 12--Ms. Barone on vacation)

Week 2: Monday, July 19 and Thursday, July 22

Week 3: Monday, July 26 and Thursday, July 29

Week 4: Monday, August 2 Thursday, August 5

Week 5: Monday, August 9 (10:30-11:30) and Thursday, August 12

(no practice week of August 16--Ms. Barone on vacation)

Wednesday, August 25----First day of school and first day of mandatory practice--get changed inside; bring everything outside to the MS track. Practice is M-F 3:00-4:45ish

Please sign up...

Sign up using the REMIND app so I can text the whole team, parents and students, with any changes to practices, meets, etc. On your parents' phones and your phone--you'll need to repeat this for any device on which you wish to receive messages--

1. Send a text message to **81010**
2. Text this message : **@948hab9** This should allow you to join the app called Remind. Remind allows me to send group texts. Please have any family member wishing to receive text messages sign up as well.

For the fall...

You will need to register on FinalForms in order to sign up for LMS XC. You should register ASAP.. You need to register online. Your parents will need to sign some forms there as well, but you can get it started.

1. Go to the LakeviewSpartans website
2. Go to athletics
3. Across the top where there are choices of home, fall, etc. select **Registration (new)** It will take you to **Final Forms**.

***** FALL SPORTS REQUIRE A PHYSICAL DATED AFTER JUNE 1 THESE CAN BE ARRANGED FOR \$15 THROUGH THE GRACE HEALTH CENTER AT LMS. CALL: 269-565-3904 *****

Any questions-- text or call Kara Barone 269-491-0842 email: kbarone@lakeviewspartans.org