

CROSS COUNTRY

COACHES

Coach Nielsen
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Coach Nepp
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COMMUNICATION

Roster Sign-Up

<https://bit.ly/WaukeeCC2020SignUp>

Hudl

Go to hudl.com/jointeam

Team Code: txsxcqe

*this is used for athletes only

Twitter

Follow @WaukeeBoysXC

SUMMER TRAINING

1. Monday-Friday at 8:00AM from Centennial Park (unless otherwise communicated) from July 1 - July 31.
2. Twitter and Hudl will be used to communicate throughout the summer and fall. Follow @WaukeeBoysXC on Twitter and register to join Hudl.
3. A coach will be at most practices but not all. Some summer practices will be led by upperclassmen.

NOTES

1. Cross Country Camp (Aug. 3-6) is highly encouraged. Register on RevTrak (<https://waukee.revtrak.net/Athletics/CampsClinics/>)
2. Summer training dates may change based on government and school district recommendations.
3. Cancellation of summer practice due to weather will be communicated through email and Hudl

IMPORTANT DATES

June 1 | Summer training starts (on your own)

July 1 | First meeting day for summer training

Aug 2 | Fall Kickoff Meeting (9-12th Grade Meeting: 6:30PM in Waukee Fieldhouse)

Aug 3-6 | Waukee Cross Country Camp (strongly encouraged)

Aug 10 | First Practice & Concussion and Physical forms due to WHS Activities Office