

LAJH CROSS COUNTRY CLUB

**YOU MUST BRING A COPY OF YOUR CURRENT PHYSICAL
AND THE SPORTS PACKET TO THE COACH PRIOR TO
PRACTICING WITH THE TEAM *****

***PRINT AND FILL OUT THE “**PRINTABLE SPORTS PACKET**” ON
THE SPORTS PAGE OF LAJH.INFO

REQUIRED: 1. RUNNING SHOES AND SCHOOL APPROPRIATE
RUNNING CLOTHES
2. \$30.00 Fair share fee.

WHEN: MONDAY & WEDNESDAY MORNINGS BEFORE
SCHOOL FROM 8:15 to 8:45AM.
AUG. 21st – OCT. 7TH

WHERE: MEET IN THE LAJH GYM

WHO: ANY 7TH OR 8TH GRADE LAJH STUDENT

MEETS: XC MEETS ARE ON WED AFTER SCHOOL

SIGN UP: WITH COACH WILSON in the Gym.

IF YOU HAVE ANY QUESTIONS, CALL ME 336-5375 ext.65423 OR EMAIL
AT jeanie.wilson@myoneclay.net

Coach Wilson

