

MS Cross Country After School Practice Procedures

- 1) Go to locker and collect everything you are taking home and put in your backpack.
- 2) Change into Cross Country Clothing in the boys and girls bathrooms near door #3.
- 3) Team will meet in MS hallway by door #3 or outside area near door #3 with all belongings to take home.
- 4) As a team we will walk to the Lourdes Athletic Field and put backpacks in Concession Stand building.
- 5) Cross Country Practice at various locations
- 6) Athletes will be picked up after practice at Concession Stand Area or Door #7

Masks are worn in the school building at all times.

MS Athletes will NOT use the weight room at this time.

MS CC Practice will be cancelled if raining. I will have email and post on the website by 2pm if practice is cancelled.