

## **7th and 8th Grade Boys Cross Country 2024**

Parents and Runners,

Welcome to 2024 boy's 7th and 8th grade Cross Country. Our season will begin the first week of school and will consist of four regular meets and a final district meet. We understand that CC will be going on the same time as football. The coaches, as well as the district, will ensure that athletes can participate in both sports. There will be flexibility when it comes to CC practices if it conflicts with football.

Also, CC will be a "No Cut" sport, which means that all athletes that come out for the program, will be on the team. Our goal for this program is to give the athletes a positive experience as well as helping them get to that next level as a runner.

All runners must be cleared in Rank1 to be able to participate.

We will use the SportsYou app as our communication platform to send out important information starting now and throughout the season. Please make sure that both the athlete and at least one parent is signed up on the app.

**Boys SportsYou access code: TYKWB6CX**

Scan the QR code if you're interested to sign up or click the [link](#).

