**XC Practices**

August 9 – August 21: Practice will be held each morning Monday through Friday at 6:45 a.m.

Once School Begins: Practice will be at 6:45 a.m. on Mondays, Wednesdays, and Fridays.

Practice will be at 3:45 on Tuesdays and Thursdays.

\*\* All practice times are subject to change. Prior notification will be given.

\*\* Please let Coach Bender know IN ADVANCE of any absences from practice.

\*\* Dual sport athletes are excused from practice if there is a conflicting practice/game with the other sport. Please be in contact with Coach Bender about these as well.