

CCMS Cross Country 2022

Practice Schedule

Practices will be held every **Monday, Tuesday, Thursday, and Friday** directly after school (3rd wave) until approximately 4:15 pm. Students will report to the large gym and out to the track. Wednesdays are our off days! The first practice will officially be held **Thursday, August 18th**.

Students are to turn in a KHSAA Sport Physical, a \$65 sports fee, and a signed Drug Policy Form in order to participate.

KHSAA Physical Forms and CCS Drug Policy Forms are located in the CCMS Concession Area or you can download the forms by clicking on the following links: www.camelpride.com, Fan Zone, Forms.

For any questions please contact: cody.strouse@campbell.kyschools.us

Meet Schedule

<u>Day/Date</u>	<u>Meet</u>	<u>Location</u>
8/27	Grant County Invite	Sherman Elementary
9/3	Ryle Invite	Ryle HS
9/10	Mason County	Mason County
9/21	Campbell Co. Championships	AJ Jolly
9/24	Williamstown	Williamstown HS
10/15	KTCCCA State Meet	Paris, Ky

Notes:

- The State Championships on 10/15 will take place during Fall Break. All athletes will be entered. Please try to schedule vacations around if at all possible.
- Transportation will not be provided for any meets, except for the State Championships.

SIGN UP FOR XC TEAM ANNOUNCEMENTS!

We will be using *Remind* to send out important updates, practice cancellations, and weekly meet information. To sign up, please follow the steps below. This is the same Remind group as last Cross-Country season.

No need to sign up again if already on it from last year.

Text this number: **81010**

Containing this message: **@ccmsx**

Wait for a reply.

It will then ask for you to respond with your **full** name.

If anyone has trouble with 81010, you can try texting @ccmsx to (859) 905-3980.