

May 25th, 2023

Dear Parents and Cross Country Runners,

Thank you for your interest in the Cross Country running program at MHLT. This Fall will be our tenth season and we are looking forward to another successful year. All races are 2 miles in length, with our practices varying from 2-4 miles per practice. Our season will begin with our first practice on August 28th. In order to run in the first meet, cross country runners must attend at least 5 practices prior to competing. At this time, our first meet is set for September 7th. I've included a **Practice Schedule** for the first two weeks and the current **Meet Schedule** (although the meet schedule may have additions or cancellations). After those two weeks, we will keep the practice at MHLT each day except Wednesday's, 3:30-5 unless you see a separate note coming home about meeting elsewhere. .

Each Cross Country runner will need to turn in the following 5 items **prior to or at the first practice** on August 28th (these forms for athletics are also located on our website under "Enrichment", then "Athletics"). Remember you need a physical every two years. If you had one last year, you will just need to fill out an alternate year card.

*Emergency Information Card *Signed Co-Curricular Code

*\$10.00 Activity Fee * Physical Exam Card (a must have, in order to participate) or alternate year card

***"Concussion Info Packet"** read and sign.

If you have any questions please feel free to contact the school at 715 356-5206 or visit our practice during Open House, August 30th at the start of the new school year. We will be out on the track on that day.

Have a wonderful summer vacation and remember that in order to have a successful cross country season, some of your summer time should be devoted to 10-30 minute runs, especially during the month of August.

We are looking forward to a great season!

Coach Deb Hunter Ext. 2142

Coach Katelyn Zajicek Ext. 2203

"In it for the Long Run"

Lakeland Middle School Cross-Country 2023

Practice Schedule Starting August 28th

September 8th - October 2 3:30-5:00 MHLT unless otherwise notified

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Aug. 28th Bearskin Trail 3:30-5 Meet at Post Office</p>	<p>Aug. 29th Bearskin Trail 3:30-5 Pick-up at Blue Lake Rd Parking area</p>	<p>Aug. 30th Open House MHLT Practice 4:30-5:30 At MHLT</p>	<p>Aug.31 Schlecht Trail 3:30-5</p>	<p>Sept. 1 No Practice</p>
<p>Sept 4th Labor Day No Practice</p>	<p>Sept 5th First Day of School Practice at MHLT 3:30-5:00 Uniform Hand-out</p>	<p>Sept 6th No practice Light run on your own</p>	<p>Sept 7th First Meet Rhinelanders 4:15</p>	<p>Sept 8th Practice MHLT</p>

Although you may not be able to reach us during the summer at those extensions, we do have a private *Facebook Page "Lakeland Middle School Cross Country"* that you may ask to join, leave questions or find out more schedule information. Just send a friend request to "Debra Hunter" so I can invite you to our page.

End of Season Celebration Friday, October 6th

3:30 - 4:30

2023 Minocqua J1 Firebirds Cross Country Schedule

<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>	<u>Bus</u>
Thursday, September 7	Rhineland	Rhineland High School 665 Coolidge Ave Rhineland, WI 54501	4:15	2:45
Thursday, September 14	Wausau	Horace Mann Middle School 3101 N 13th St, Wausau, WI 54403	4:15	2:30
Monday, September 18	Medford (GNC Meet)	Medford High School 1015 West Broadway Medford, WI 54451	4:15	2:15
Tuesday, September 19	North Lakeland	North Lakeland School 12686 County Hwy K Manitowish Waters, WI 54545	4:15	2:45
Thursday, September 21	Three Lakes	Big Stone Golf Course 846 Golf Course Loop Three Lakes, WI 54562	4:00	2:15
Thursday, September 28	Medford	Medford High School 1015 West Broadway Medford, WI 54451	4:00	2:00
Tuesday, October 3	Northland Pines	Northland Pines High School 1800 Pleasure Island Rd Eagle River, WI 54521	4:15	2:30
Thursday, October 5	Tomahawk	Tomahawk High School 1048 E King Rd Tomahawk, WI 54487	4:30	2:50

*Updated: 05-26-2023