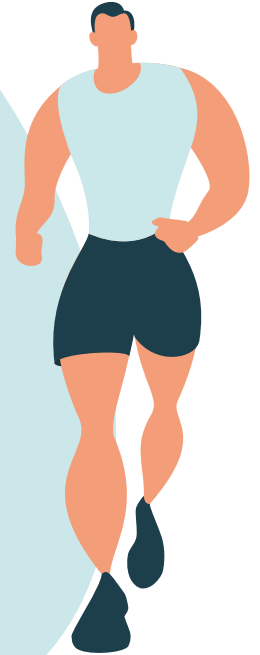




LJ Cross Country

Schoology Group Code
ZXSR-XZPH-KC6ZW




Welcome



Welcome to Year 2 of Cross
Country at LJMS!





“Running is the greatest metaphor for life, because you get out of it what you put into it.”

-Oprah Winfrey

01 Joining the Team



Do you have...

**...your
physical
form
turned in?**

**...your
registratio
n form
completed
online?**

Information can be found on the LJ Athletics website
<https://jacksonms.fcps.edu/activities/athletics>



First Practice

Our first practice is **Tuesday, September 10, 2024**. Once you have signed in through the afterschool form, meet your coaches in Gym 2.

YOU MUST HAVE YOUR PHYSICAL AND REGISTRATION FORM COMPLETE TO PRACTICE

THREE COLUMNS



Pace

Your pace may be slow at first, but it is important to **not** walk.



Endurance

Your endurance will build with practice.



Outside of Practice

Running or being active outside of practice will help you build and maintain.

02 Cross Country Meets



Our Meets for the Season

We will have cross country meets (or races) throughout the season. Here is the list of meets:

- September 21th @ Robinson
- September 28th @ Stone MS
- October 5th @ Rachel Carson MS
- October 19th @Liberty MS

All meets start at 10:30.

If you are not able to attend, please let your coaches know ASAP



**You must have attended
at least 3 Practices to
compete in your first
meet**

Race Days

1. We will all **meet** at LJ (Door 5) and **ride** the bus to the meet together.
2. Bring **WATER** and a **snack**
3. Races might be divided by **grade** and/or **boys'** race and then **girls'** race.
4. **Weather** is **unpredictable**. Be prepared for anything!



Races

**3
Kilometer
s**

1.86 Miles



Bibs and Jerseys

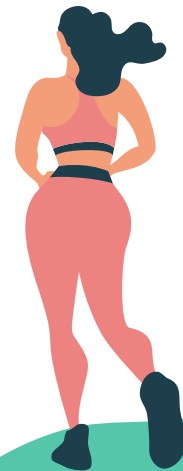
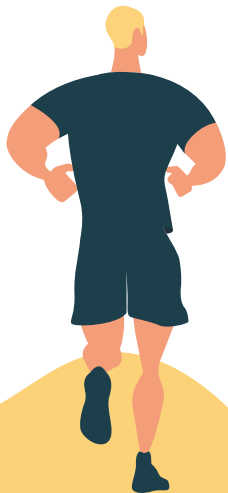
Your bib and jersey will be returned after each race.



Goal Setting

Tracking Your Progress

Grade	NAME	TIME
7	Mike Smith	02:37:01
8	Rodrigo Lopez	02:37:22
7	Shanfu Hiak	02:45:33
...		
...		



04 Your LJMS Athletics Team



OUR TEAM



Coach Brown

In her second season of coaching, Coach Brown loves helping runners find their potential



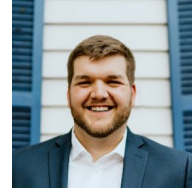
Coach Poole

Coach Poole ran Cross Country in high school. She is an integral part of the Special Education team at LJMS!



Coach Klucker

2nd year coach, currently training for his next half marathon



Mr. Bair

Athletic Coordinator
Attendance, and Paperwork

GO GET
'EM TIGER
THE WORLD
IS ALL
YOURS

