

CROSS COUNTRY

Practice begins Monday, August 11

- Monday 8/11—Thursday 8/14
 6th-8th Grade 8:00—9:00 a.m.
 5th Grade 9:00—9:45 a.m.
- Monday 8/18 and Wednesday 8/20
 All Grades 2:30—4:00 p.m.
- Thursday, August 21 School Begins and all practices are 3:30-5:00

Email Coach Kondraschow (skondraschow@cassd63.org) with questions.