

RJH Cross-Country 2022

Registration: If you want to participate on the cross-country team, you need to register at this link.

<https://eventlink.com/login/> and upload your completed/physician-signed physical forms by Wednesday, July 27th. Physical must be completed after April 1, 2022.

Summer Conditioning: There will be optional but encouraged summer conditioning starting on Tuesday, July 12th. Summer conditioning will start on July 12th and be on Tuesdays, Wednesdays, and Thursdays from 8:00-9:00 a.m. at RJH. Drop off for summer conditioning will be in the back parking lot near the basketball courts.

Required Practices: Required practices will begin on Monday, August 1st. Required practices will be from 4:15-5:30 each day after school.

Questions: Contact Coach Rocky Pollock at rpollock@hse.k12.in.us