

Girls Cross Country Conditioning & Tryouts

Cross Country Conditioning, Tryouts, and Practices will strictly follow CDC and Okaloosa County Schools guidelines.

Please sign up early: Email Coach Sanderson @ SandersonJ@Okaloosaschools.com

1. Pick up a Physical Packet in the main office and fill it all out this summer. Mark your packet CROSS COUNTRY.
2. Physical packet drop off to Coach Sanderson in main office.
3. **Summer Conditioning: -August 3 – August 14, 2020: Monday, Wednesday, & Fridays from 8- 9:30am** at Bruner Middle School. **August 17 –August 28, 2020: Monday – Friday from 2:30pm – 4:30pm.**
August 31 – September 4, 2020 from 2:30pm – 4:30pm.

Be on time

Be ready to run & jog

What you need to participate: - Completed Physical and permission forms
-***Water bottle*** **You must bring your own Water Bottle (bring 2-3) No sharing.**
- Good pair of running shoes
- Wear t-shirt (no spaghetti straps) and appropriate length shorts

No runner will be allowed to participate if ALL forms are not completed and on file prior to participating. Verification of the Physical Packet must be made through Coach Sanderson prior to coming to conditioning and tryouts.

4. Complete nfhslearn.com courses online, print certificate, & bring to conditioning or tryouts.

Courses: **Heat Illness, Sudden Cardiac Arrest, Concussion in Sports**

*Courses are free

Try-outs: August 28, 2:30-4pm, September 4, 2:30-4pm. Tentative: First Meet is September 9, 2020 at Shoal River.

Students must attend at least 4 days of conditioning for acclimation to the heat prior to trying out.

Students must run 2 miles without walking in 20 minutes to be considered for the team.

August 21: Make-up tryout – timed run.

Questions?

Call Bruner Guidance @ 833-3266, ext. 1415

Email Coach Sanderson @ SandersonJ@Okaloosaschools.com

Max Bruner Jr. Middle School
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