

2010 DELTON – KELLOGG CROSS COUNTRY

JUNE 21 (Mon.) *SUMMER CONDITIONING BEGINS – You must have a physical!*

These practices are not mandatory, but they will better prepare you for the start of the season and competition. By attending the summer practices, you will have greater success in the early season due to being in better physical condition and having more personal confidence.

Summer Conditioning Practices will be on **Monday** and **Wednesday** evenings at 7:00 PM. If this time does not work best for most people, we can find a more convenient time.

I strongly recommend attending these optional practice whenever possible. The more practices you can attend, the better!! And you will be informed and ready for CC Camp!

July 1 – 7 (Thurs. – Wed.) Delton Kellogg Schools 'Summer Dead Period'

- During this time there will be no athletic practices or activities.

JULY 22 - 24 (THUR. – SAT.) *CROSS COUNTRY CAMP!!!*

We will once again head up to the camp at Foster Lake (near Baldwin). Further details will be distributed at the summer practices. It is important to attend some summer practices so you will be ready for the camp. You do not want to miss this great trip!!

AUGUST 11 (Wed.) *REGULAR PRACTICE BEGINS*

All physicals must be completed and turned in.

These practices will also be in the evening at 7:00 until school begins. When school starts, practices will be immediately after school (3:20) and will usually be finished by 5:00.

AUGUST 28 (Sat.) *FIRST MEET OF THE SEASON* - Lawton Relays

DKCC has won this meet 6 out of 7 times since it was first started in 2003!!

***** MEET BY THE HIGH SCHOOL GYM FOR ALL PRACTICES *****

See You On June 21st !!

Questions / Concerns ?? Email me – dgrimes@dkschools.org