

BOLTZ CROSS COUNTRY WE GO THE EXTRA MILE!

Let's get started:

1. First Practice is: August 22nd:

PRACTICE FOR ALL GRADES (6TH -8TH): 2:45-4:00 PM DAILY ONCE SCHOOL STARTS FOR THE FIRST WEEK OR TWO WE WILL END AT 4PM, THEN WE WILL MOVE TO 4:15 END TIME AS THE TEAM IS PREPARE TO GO FURTHER. WE'LL KEEP YOU POSTED.

2. MANDATORY player & parent meeting Friday, August 25th 4:00-4:15 pm Boltz Middle School's Auditoria.

***BEFORE the first practice on Wednesday, August 22nd
Pre-season camp August 15-17, & 20-21 at 2:45- 3:45 pm***

1. Current physical turned in to the main office. We recommend that you receive a new physical each summer so it doesn't expire.
2. Update your emergency contact information through the registration process so your coach has the most up to date contact information.
3. Pay an Athletic Fee of \$105: Can be paid at: [PSD Athletic Registration](#) or in the front office starting Aug 13th.
4. For each practice you will need: shorts, t-shirt, water bottle, running shoes, and other weather appropriate attire. We run outside everyday no matter the weather, except if lightning is present.

Games schedules can be found at: [Cross Country Meet Schedule](#): (Link at the bottom right titled: "Show Tag Menu" allows you to follow specific sports at specific schools.)

Also follow the calendar on the Boltz home page for game updates.

Questions?

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