



Join North Mecklenburg's

CROSS COUNTRY

Thank you for your interest in the Cross Country program at North Meck High School. We are a program committed to excellence. As coaches we will provide a consistent, structured, and safe environment that will focus on constant improvement through hard work and discipline.

As potential members to the TEAM we would like to give you some insight as to what you will experience on the North Meck Cross Country Team.

SUMMER WORKOUT SCHEDULE:

Tuesday, July 7th 7:30 am -8:30/45 am @ North Meck
 Thursday, July 9th 7:30 am -8:30/45 am @ North Meck
 Tuesday, July 14th 7:30 am -8:30/45 am @ North Meck
 Thursday, July 16th 7:30 am -8:30/45 am @ North Meck
 Tuesday, July 21st 7:30 am -8:30/45 am @ North Meck
 Thursday, July 23rd 7:30 am -8:30/45 am @ North Meck
 Tuesday, July 28th 7:30 am -8:30/45 am @ North Meck
 Thursday, July 30th 7:30 am -8:30/45 am @ North Meck

North Meck by the field house

Summer XC Workouts will be fun, team focused, and important to get ready for the fall season, with lots of great training runs and strength training with your teammates. Even if you cannot make ever Summer XC practice, you still need to sign up to participate.

ALL MUST HAVE A PHYSICAL, TICKET TO PLAY, INSURANCE BLUE FORM AND CONCUSSION FORM TO PARTICIPATE IN ANY OF THE SUMMER SESSIONS!

August - November

A typical practice week for our freshmen consists of team practices Monday through Friday afternoons .

An afternoon practice schedule resembles the following:

2:30pm-4:00pm: Team practice

Sign up here: <https://tinyurl.com/NorthXC2020>

Email Coach Broome at alexis1.broome@cms.k12.nc.us with any questions! Please be sure to email Coach Broome if you want to be included on information emails with reminders about workouts and tryouts!