

2024 Woodland Cross Country

7th Girls	7th Boys	8th Girls	8th Boys
Vida Abouzenad Anniston Bailey Naomi Baureis Ryan Anna Beavers Madeline Bruton Campbell Childers Leot Cochran Nora Cooper Mary Flowers Cecilia Forbis Callie Kirkconnell Ella Kryzanowsky Laylah Loften Emma Madrid Kinley Marks Grace Masten Avery Matlock Allison Millett Juliet Milligan Kamden Moffat Amelia Parcels Anna Powell Opal Rawn Lucy Richardson Lilly Rochelle Galia Romero-Flores Addilyn Royal Carys Rucker Anna Spears Ann Teeter Diana Tsai Millicent Vaughn Kennedy Williams	Mateo Acosta Maddax Akins Bobby Anderson Mac Bell Brayden Bennett Noah Bowers Bennett Bradley Nicholas Brady Knox Carroll Gideon Carroll Goyd Collins Eliot Cook Lucas Denger Luke Dickerson Byron Dingman Abbott Downing Maveric Gray Dallin Groff James Hanes Landon Hriz Hudson Hubbard Ben Hughes Owen January Sam Kersey Isaac Logan Shea McDermott Beckett Myers Calvin Prinz Conner Robertson Ryan Rogers Mason Ross Rylan Spicer Canon Spiking Braxton Taylor Alexander Williams	Claire Allen Kate Blew Lila Camargo Julianna Clay Presley Evins Elsy Kate Futterer Ellie Holdier Jiana Hu Anna McDonnel Molly Nelson Maliayah Parker Emery Rodgers Emma Smith Grace Taylor Chaya Uribe Marion Walker	Laird Beatte Townes Bizzell Lucas Bourdon Cooper Bradley Jude Cully Bennett DeBernard Miller Dolan Edward Frank Parker Ganio Hiatt Lowrey Walker Mast Asher McCarty Miles Nelson Mason Nino Max Qualls Maxim Richards Henry Ruisinger Ezra Schneklloth Carter Sloan

Things to do RIGHT NOW:

1. All athletes need to join Google Classroom (igiq3dj) - use your school email.
2. All parents and athletes need to join Remind:
 - a. Text @68d4ck to 81010
3. Attend Parent/Athlete Meeting - Thursday, May 16th at 6:00 PM in the Woodland Gym
4. Review the [Summer Workout Schedule](#) and fill out the [absence form](#). Athletes are expected to attend at LEAST 9 summer workouts.
5. Follow the May/June build-up schedules (on the [Summer Workout Schedule](#) page) so you are ready to go when we start in July.
6. Order Woodland Cross Country Gear (NOTHING IS REQUIRED).
 - a. Store open through May 13, 2024.
 - b. Items will be delivered to Woodland and distributed at Summer Practice. [ORDER HERE](#)

Please complete the following steps BEFORE July 8th.

7. You MUST have a DragonFly account ([instructions](#)) and the following items filled out before you can begin practice (in the “Prep for 24-25” section):
 - a. Upload a current physical
 - b. Complete Medical Demographic Info
 - c. AAA Sports Medicine Fact Sheet
 - d. AAA Participant Agreement
 - e. AAA Health History Form (filled out by parent)
 - f. AAA Physical Examination form (this is your physical, signed by a doctor).