



Dear Lobos:

Last week UIL released an updated start date for the Cross Country season as well as how we can proceed leading up to our first Cross Country meet which was pushed back to September 12th. Below I have included important dates due to the adjustments for the Cross Country program.

- **Week of July 27th-30th** - Summer Conditioning Program @ LE Athletic Complex
 - Girls: 6:45am Boys: 7:30am
- **Week of August 3rd-6th** - Summer Conditioning Program @ LEHS Practice Field
 - Girls: 6:00am Boys: 6:30am
- **August 5th**: Mandatory Parent & Athlete meeting via Zoom 6pm
- **Week of August 10th-14th** - **1st official week of Cross Country Practice (M-F)
 - @ LEHS Practice Field Girls: 6:00am Boys: 6:30am
- **Week of August 17th-21st** - XC Workouts continue @ LEHS Practice Field
 - Girls: 6:00am Boys: 6:30am
- **August 24th** - No Workout (Monday)
- **August 25th** - 1st Day of School (Tuesday) XC Workouts resume @ LEHS Practice Field
 - All XC Athletes report @ 6:00am
 - **Athletes opting for at home learning are responsible for personal transportation to and from practice.
- **August 31st-September 4th** - XC Workouts continue @ LEHS Practice Field 6:00am
- **September 7th-11th** - XC Workouts continue @ LEHS Practice Field 6:00am
- **September 12th** - 1st XC Meet
 - Location and Time: TBA

*****We will continue to adhere to all UIL Guidelines and Protocols that pertain to COVID-19**

For more information or to subscribe to the Cross Country Remind 101 please contact:

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Athletic Website - <https://www.littleelemlobosportsnetwork.com/>