



JOIN LAS PLUMAS CROSS COUNTRY!!!

Are you interested in joining a team, learning & expanding your knowledge OR fitness skills?

Have you considered optimizing your health or mental health?

Do you want to have a reason to get out of school, while exploring different places, and have the opportunity to eat good food?!?!

Do you want to make long lasting memories, friendships or have goals of competing in a positive environment?!?!

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ALL GRADES 9-12TH ARE WELCOME

*Practices are after school at 3:45
*Meets take place during school
*Transportation is covered by LPHS
*Cross country is a Fall sport and will begin in August and go until November.
(Side note: if you plan on playing other sports this is a great way to get into shape!!!)

If you have any questions you can contact:

Coach Wilson: gwilson@ouhsd.net

Coach De Lucia: bdelucia@ouhsd.net

Athletic Director, Allie Bruce:
abruce@ouhsd.net

Las Plumas High School Athletics:

"If it doesn't challenge you, it won't change you."

-Fred Devito

