

# Welcome to LHS Cross Country

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Your coaches:

Tim Collins [tcollins@ltps.org](mailto:tcollins@ltps.org), [tcollins@ltps.info](mailto:tcollins@ltps.info)

Anna Monasterski [amonasterski@ltps.org](mailto:amonasterski@ltps.org), [amonasterski@ltps.info](mailto:amonasterski@ltps.info)  
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## ***Important information to remember:***

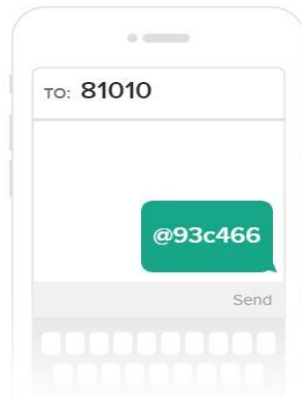
- Must have a physical AND complete a registration process before participating in cross country.
- Before you can complete your physical, please go online and register to participate in Cross Country. <https://lawrence-ar.rschooldtoday.com/>
- There is a FREE physical available at the High School, on June 21st, at 9 AM. If you would like to get a physical done on this date, **you must email the HS nurse to make an appointment by June 12th**. Call Lucille Winslow, R.N. at 609-671-5513 or email [lwinslow@ltps.org](mailto:lwinslow@ltps.org) to make the appointment.

## ***Overview***

- First day of practice is \_\_\_\_\_.
- We will practice from \_\_\_\_\_ to \_\_\_\_\_.
- Beginning with the first day of school, our practices will start at 3 PM, and finish at approximately 5:15
- There ***will be*** Saturday practices and/or meets.
- If you cannot attend a practice, please either:
  - a. See one of the coaches during the school day and let him/her know about not coming OR
  - b. Email one of your coaches
- Things to bring with you to practice: bottle of water, layers ( closer to end of October ), solid running shoes.

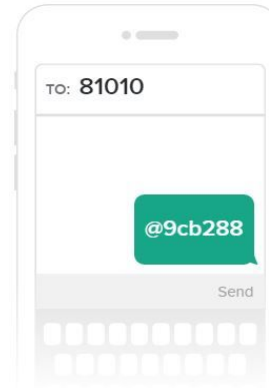
# Cross Country Varsity Schedule (as of 06-06-16)

Type	Time	Opponent	Location	Leaves	Comments
<b>Tuesday, Sep 13, 2016</b>					
Meet	4:00PM	Allentown, Trenton Central	<a href="#">Mercer County Park</a>	3:00PM	home team
<b>Tuesday, Sep 20, 2016</b>					
Meet	4:00PM	Notre Dame High School, West Windsor-Plainsboro North, West Windsor-Plainsboro South	<a href="#">West Windsor-Plainsboro North</a>	3:00PM	
<b>Tuesday, Sep 27, 2016</b>					
Meet	4:00PM	Hamilton West	<a href="#">Veterans Park</a>	3:00PM	
<b>Wednesday, Oct 5, 2016</b>					
Meet	4:00PM	Ewing, Hopewell Valley Central, Robbinsville, Steinert	<a href="#">Veterans Park</a>	3:00PM	
<b>Tuesday, Oct 18, 2016</b>					
Meet	4:00PM	Hightstown, Nottingham, Princeton	<a href="#">Mercer County Park</a>	3:00PM	
<b>Friday, Oct 28, 2016</b>					
MCT	TBD	Away vs. TBD, Mercer County	<a href="#">Thompson Park Jamesburg</a>		



- 1 Send your text to 81010  
81010 is the Remind short code we created so people can join your class without seeing your personal information.  
81010 not working?
- 2 Text the message @93c466  
This is the class code for 2016XC. People can always use 93c466 to join this class.

**For students**



- 1 Send your text to 81010  
81010 is the Remind short code we created so people can join your class without seeing your personal information.  
81010 not working?
- 2 Text the message @9cb288  
This is the class code for 2016XCParents. People can always use 9cb288 to join this class.

**For Parents**