

Goshen Cross Country

Dates to Remember

Start Date: Monday August 13, 2018

LOCATION: TBA (Heritage trail, Salesian, or CJH)

TIME: 8:00AM-10:00AM

Physicals must be completed AND you must be approved by the school nurse PRIOR to the beginning of the season on 8/13!

Visit our website for upcoming dates (carwashes, road races, schedule updates, etc...)

To access the Goshen Cross Country Webpage:

- 1. Go to www.GoshenXCTF.org**
- 2. Click on "Cross Country" at the top**

To access & sign up for XC on FAMILY ID:

- **<https://www.familyid.com/organizations/goshen-central-school-district>**

- Sign up on FAMILY ID as soon as possible!
- Join the XC REMIND text/email service.
 - BOYS: Text @goshenxc to 81010
 - GIRLS: Text @goshengirl to 81010
- Follow GoshenXCTF & LadyGladsXCTF on Twitter for more updates & info on the upcoming season.
- Summer workouts will begin between JUNE 25 and JULY 2! Contact the senior members of the team for the practice schedule!

Varsity Cross Country
Information Sheet:

Name _____

Address _____

Grade (next year) _____

Parent Name(s) _____

Phone # (home) _____

Cell # (student) _____

Cell # (parent) _____

Student Email _____

Parent Email _____