



FDS Cross Country 2023



Hello families,

We are so excited for the 2023 season! Please fill out the attached forms and return them by Friday, September 1st! Please note that your child cannot practice if they do not have their paperwork turned in!

Practices:

1st practice is Tuesday, September 5th!

- Tuesday-Thursdays 2:30-3:30 **Meets are usually Tuesdays and one Saturday*

Meets:

- A schedule will be handed out and updated on TeamReach

**We will be communicating using an app called "teamreach". Please download this app and enter the code: "mountainlions23". **

Contact information:

- cnokes@fUSD.org
- (530)906-8352

Please feel free to contact me with any questions or concerns!

Coach Nokes

Parent contact information

Parent/guardian contact information:

Athlete name: _____

Parent name: _____

Phone: _____