



# FLOUR BLUFF

## HIGH SCHOOL

# CROSS-COUNTRY

# 2021

General Information FBXC21

## MESSAGE

Welcome to another exciting season for Cross-Country. After a year and a half of unique challenges, it will be good to get things back to normal. If you are an athlete who is dedicated, a team player and aspires to challenge oneself, then this is the sport for you!

## COACHES

### MARVIN PESEK

Head CC/Asst Girls Track  
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### CHELSEA SPOOR

Asst CC/Asst Girls Soccer  
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### JULIE DUGAN

Head JH CC/Head Girls Track  
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### SCOTT EHLEN

Asst JH CC  
[sehlen@flourbluffschoools.net](mailto:sehlen@flourbluffschoools.net)

## SUPPORT

**Chris Steinbruck:** Athletic Director  
**James McMinn:** Asst. Ath Director  
**Kittie Weaver:** Athletic Secretary

Athletic Office Phone 361-694-9276

## IMPORTANT DATES

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**Monday, July 26<sup>th</sup>:** First day organized practice. 7am Varsity Gym  
**Wednesday, August 11:** Parent Meeting 5:30pm Athletic Facility  
**Tuesday, August 10:** 1<sup>st</sup> Day of School

## REMIND APP REQUIRED

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**This is required** and is an easy means of communication.

ATHLETES: Send a text to: 81010      Text this message: @fbxc21  
PARENTS: Send a text to: 81010      Text this message: @xcpar21

## GOOGLE CLASSROOM

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### 2021 Flour-Bluff Cross-Country

Once in, you will find information such as practice schedules, meet schedules, training & interval tables and much more.

## SUMMER TRAINING

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A summer training packet is available in Google Classroom. You may use it or do your own thing but please remember, it is imperative that you run/train/cross-train during the summer **before** 1<sup>st</sup> day of practice!

## PHYSICALS & RANK ONE

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Before July 26 (1<sup>st</sup> day of practice), you must have a current physical on file (expires each year) and have Rank One completed.  
[rankonesport.com](http://rankonesport.com)

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"RUN ON"