



# FB JH CROSS-COUNTRY 2021

## General Information

### MESSAGE

Welcome to another exciting season for Cross-Country. Most meets are 1.5 miles or 2 miles. If you are an athlete who is dedicated, a team player and aspires to challenge yourself, then this is the sport for you! Come try it – IT IS FUN!!!!

### COACHES

#### **JULIE DUGAN**

Head JH CC/Head HS Girls Track  
361-945-0779

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#### **SCOTT EHLEN**

Asst JH CC

[sehlen@flourbluffschoools.net](mailto:sehlen@flourbluffschoools.net)

#### **MARVIN PESEK**

Head HS CC/Asst HS Girls Track

[mpesek@flourbluffschoools.net](mailto:mpesek@flourbluffschoools.net)

#### **CHELSEA SPOOR**

Asst HS CC/Asst HS Girls Soccer

[cspoor@flourbluffschoools.net](mailto:cspoor@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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**Tuesday, Aug. 10<sup>th</sup>:** 1<sup>st</sup> Day of SCHOOL

**Monday, Aug. 16<sup>th</sup>:** 1<sup>st</sup> Day of PRACTICE – meet in the old gym right after school – practice will end at 5:15pm

### REMIND APP

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**Athletes** - send a text to: **81010**

Text this message: **@bg62hf9**

**Parents** - send a text to: **81010**

Text this message: **@jhxcp**

### SUMMER TRAINING

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You may run summer track or run on your own but please remember, it is imperative that you run/train/cross-train during the summer **before** 1<sup>st</sup> day of practice! You will be more successful if you do some running during the summer.

### PHYSICALS & RANK ONE

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Before August 16<sup>th</sup> (1<sup>st</sup> day of practice), you must have a current physical on file (expires each year) and have Rank One completed (a new rankone each year). To get a UIL physical form and rankone (online)done – go to [flourbluffschoools.net](http://flourbluffschoools.net). Go to Athletics - drop down and you will see forms. Print physical form and fill out rankone online. All has to be done before 1<sup>st</sup> day of practice.

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"RUN ON"