

# Hays Cross Country 2021 'A New Dawn' July 19 - 30

## Team Run Schedule for the next two weeks: 7:00a - 8:30a

Mon, July 19: Stagecoach Park

Wed, July 21: 5-Mile Dam

Thurs, July 22: Hays

Mon, July 26: CANCELLED I have a meeting :-(

Wed, July 28: 5-Mile Dam

Thurs, July 29: Hays

The 2021 Cross Country Season officially begins on **Monday, August 2nd. 6:30a - 8:30a at Hays High School.** The official 'check-in' place is TBD.

**We will have our Parent/Athlete meeting on Monday, August 2nd from 6:00p - 7:00ish pm.**

Location will be at Hays High School...exact location TBD.

**To be eligible for participation on August 2nd, the following must be taken care of:**

[RankOne Forms](#) Take care of these forms ASAP.

- Once you submit these forms, they must be reviewed and approved by our athletic trainers. The approval process takes time since there will be over 400 athletes submitting these forms within the next two weeks, so do not wait until the last minute! You will not practice on August 2nd if you are not fully approved.
- Create an account so that you can log back in and see when the forms have been approved by the athletic training staff.
- When completing the forms, make sure to click on every linked document and fill in every blank. If something does not apply to you, type 'none.'

[Sign-Up Form](#) This will get you on the 'roll' so I can verify that you are cleared for participation.

**RECRUIT, RECRUIT, RECRUIT!** Cross Country is much more fun with a variety of teammates! Share the SportsYou Code and/or my email address to get them connected.

SportsYou Code: BJB6TYG2

Email: [traci.hightower@hayscisd.net](mailto:traci.hightower@hayscisd.net)