

Jessie Clark Cross Country Information Packet

Tryout Information

Tryouts will begin the week of July 15th. We will run 2-3 days a week up until school starting on August 14th. Official tryouts will be August 15th and 16th 4:10-5:30.

To get up to date information please join the Jessie Clark Cross Country Remind...see below.

Tryout Requirement

- KHSAA physical form signed by doctor stating athlete is in good health to participate

Physical must be turned in prior to coming to first practice. If your physical is already on file and current (physicals are good for 13 months from the doctors signature date), no need to provide copy. Email Coach Whitt if you need to check status of current physical.

Equipment Needed

- Running shoes
- Appropriate running attire for practice
- Water bottle or sports drink for every practice!!

Please do some training/running on your own so that the work we do in tryouts will not be such a shock to your body.



Remind Text Messages...
Everyone sign up for text messages...
Text to the number: 81010
Text the message: @jcxcount

If you have any questions or concerns please do not hesitate to contact one of the coaches

Coach: Mark Evans mark.evans@fayette.kyschools.us
Coach: Sandi Whitt sandra.whitt@fayette.kyschools.us

PLEASE NOTE: TRYOUTS ARE CLOSED TO EVERYONE EXCEPT THE ATHLETES & CROSS COUNTRY STAFF! YOU WILL BE ASKED TO LEAVE IF YOU ARE ON THE TRACK DURING THIS TIME.

Cross Country Schedule

Cross Country runs July, August, September, and October...ending with the State Track Meet in October

When school begins we practice Monday-Friday at Jessie Clark from 4:00-5:30 (on days we don't have meets)

Cross Country Meets will start in September and are typically on Tuesdays and Saturdays.

The only form of communication before and during the season will be through remind. Please join as soon as possible



Remind Text Messages...
Everyone sign up for text messages...
Text to the number: 81010
Text the message: @jcxcount