

## **Fenwick Falcons Cross Country**

### **Important Dates and Information**

- **8/1** - Official practice begins 6:30 pm (locations will vary – a schedule will be posted on the team website) – In order to participate, all paperwork must be current, including physicals, signed consent forms, baseline concussion testing, etc. I believe you can see this in Final Forms, so please address deficiencies as soon as possible. Those listed here are currently eligible: N. Thomas, D. Boland, G. Fultz, N. Glueckert, L. Lejeune, L. Lippert, E. Adams, J. Hellmann, S. Kaleta, S. Schaeper, H. Tebbe, and R. Tebbe.
- **8/1** - Baseline concussion testing for the following individuals is scheduled at 6:00 pm (Fenwick Media Center) (immediately before practice): J. Bush, E. Evans, B. Komarek, Q. Loughrie, B. Shibley, J. Short, R. Zearley, M. Connors, S. Hartman, and E. Jordan. It will take about 45 minutes and you are not supposed to do anything strenuous three hours prior.
- **8/3-8/5** - 1 Fenwick Weekend - many activities this weekend, but specifically, we have been asked to support the 5K race on **8/4**. This will be a great training opportunity and team building event for the runners.  
<https://runsignup.com/Race/OH/Franklin/1FenwickFalcon5k?remMeAttempt=>
- **8/5** - Buick Fundraising Event from 9 am - 5 pm. Please sign-up to help out by test driving a car. We would like for each athlete to find two adults to come take a drive. This is an easy fundraising event for the school. Link to sign-up is below.  
<https://www.signupgenius.com/go/20f0b4fa5a628a6ff2-buick1>
- **8/5** - Fall Sports Meeting at 1:00 pm in the gym. Please plan on attending.
- **8/14** - Fall Sports Pictures
- **8/23** – School begins – practice will move to 4:00 pm at Fenwick HS for the remainder of the season, unless notified otherwise.