

SCHS Cross Country Practice



Summer Conditioning –

- Starts June 6th – Monday-Wednesday-Friday
- 7:30am at Scott County Park. Other time might be available depending on availability of runners and coaches.

Practice –

- Starts July 11th after “Dead Period”
(Dead Period runs from June 26th- July 10th)
- Summer Practice lasts approximately 1 Hour 15 Minutes in the morning
- *Some practices may take longer advance notice will be given
- During school practice is immediately following school 4-5:30pm

Coaches –

- HC – David Barron – David.Barron@scott.kyschools.us
- AC – John Cravens – John.Cravens@yahoo.com

Season – August – October

- 1st meet around is typically around the 1st week of School
- Most meets are Saturday Mornings and finished by 12:00
- Most meets are within 35 minutes drive
- State Meet is end of October for those who qualify

Join us on the Team App

It will keep you updated with all the latest news, events, schedules and much more.

Please download Stack Team App, search for 'SCHS XC' and request to join.

iOS: <https://www.teamapp.com/ios-app>

Android: <https://www.teamapp.com/android-app>

If you'd prefer the website version please go here:

https://schsxc.teamapp.com?_webpage=v1

