

Wauwatosa West



Wauwatosa West High School  
11400 West Center Street  
Wauwatosa, WI 53222  
Phone # (414) 773-3014, Fax # (414)-773-3020  
Nathan DeLany, Athletic Director



Athletic Department

July 2011

To: Wauwatosa West Girls Cross Country Players

Re: Upcoming Season

I hope everyone is enjoying a safe, relaxing summer and that everyone is ready to get started on what will be a fun and exciting Cross Country season.

The Cross Country season is quickly approaching and will begin Monday, August 15<sup>th</sup> at 9:30 pm (our first practice will take place under the lights on our track). In order for anyone to participate, you must have your clearance card in hand. If you haven't already taken care of that, I strongly encourage you to do so as soon as possible. The Activities Office hours are 7:30-3:30 pm daily and Ms. Miller can be reached at 773-3019 to answer any questions you may have.

These first two weeks will also include the Pike Lake training picnic (date to be determined-in past leaving at 9 AM) and the Rahr Forest overnight stay (Thurs 8/18 leaving at 11:30 am & returning Fri 8/19 at 3pm-approximately). Our first meet is at Shorewood on Friday, Aug 26 leaving at 2:30 pm. Starting Monday, Aug 29 we will practice at 3:30 pm.

Please have the following things for the first day of practice:

- Clearance Card
- Running Shoes
- Water!!!!

I along with some of your other coaches will be at the track roughly 4 hrs a night for 6 weeks from JUNE 20 until the end of the July!!!! Take advantage of the opportunity to improve if you have not already been doing so!!!

Lastly, there will be a **parents meeting on the evening of Thursday, August 4<sup>th</sup> at 7pm in the Auditorium.** I will discuss the upcoming season and school policies for the Girls Cross Country team. Please mark the date on your calendars!!! I look forward to seeing everyone on August 15<sup>th</sup> and enjoy the rest of your summer. Any questions, feel free to call me at either of these numbers.

Cell: 414-418-9286

Sincerely,

Jack LoPresti  
Girls Cross Country Coach