

# LINCOLN CROSS COUNTRY

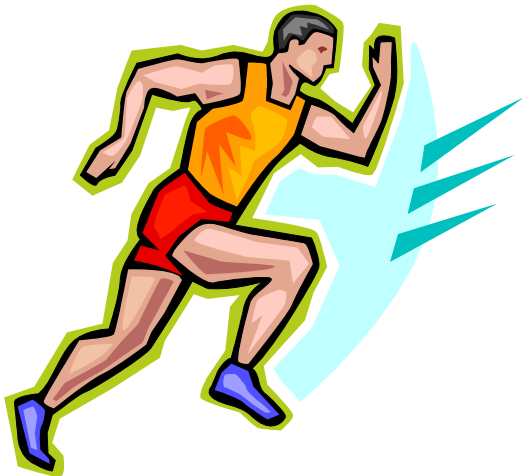


**Cross Country is just around the corner. We have become one of the more competitive teams in the conference while still winning the sportsmanship award repeatedly.**

**Our program provides athletes with an opportunity to build friendships, demonstrate school pride, compete with schools from across the Chicagoland area, as well as allow the athletes to reach their personal potential and goals.**

**For the 2011 season, we have 10 team meets and 2 state series meets scheduled. Practices will be held 2:50—4:00 p.m., Monday—Friday, and most meets are scheduled on Tuesdays and Thursdays.**

**In order to participate in Cross Country, athletes must have a physical before the first practice. Practice will begin the week of Monday, August 15, from 8:00—9:00 a.m. in the West Gym.**



**If you have any questions, feel free to contact Coach Shaffer at (847) 918-7792.**

**Hope to see you there!**

**Coach Shaffer  
Coach Elzer**