

Latin School Cross Country Tryouts

Any Questions Please contact Coach Mr. Estrella email mrestrella@kellenberg.org

Latin School Cross Country Tryouts

Dates	Time	Location
9/15 Monday	3:15 pm to 4:45pm	Kellenberg Track
9/16 Tuesday	3:15 pm to 4:45 pm	Kellenberg Track
9/18 Thursday	3:15 pm to 4:45 pm	Kellenberg Track

Criteria for Making the Team

Runners will make the team based on their overall effort and showing up to the tryout dates:

1. Runner's Ability to follow directions.
2. Runner's Overall Effort: Runner's must perform to the best of their ability on each day of the tryout.
Runner's ability to follow directions.
3. 1 mile time trial over cross country terrain.

Tryout Attire

- Shirts needs to be a Kellenberg Memorial issued tee shirt.
- Shorts should either be a pair of Kellenberg Memorial issued shorts, or a solid blue, or yellow pair of shorts.
- Sneakers running sneakers should be worn to practice.