

GENEVA VIKINGS CROSS COUNTRY
GVXC 2023
Beginning of the season important dates

Monday, August 7th – Season begins! Meet near the Viking Statue at 6:55am. Practice 7am-9am.

*Make sure you have **registered online** and have a **current physical** on file.

New uniforms will cost as follows:

Spandex shorts: \$25 Singlet: \$40

Tuesday - Friday, August 8 – 11: Meet at Viking Statue. Practice 7am-9am.

Saturday, August 12: Team trip to Warren Dunes. The bus leaves from the athletic entrance at 6am and we plan to return at 6pm. Plan for a run followed by a day at the beach. Wear running clothes to the bus. Bring: a swimsuit, sunscreen, water, picnic lunch, and money for a stop at Culvers on the way home.

Monday – Friday, August 14 – 18: practice 3:05pm-5:05pm. Meet at the water tower.

Saturday, August 19: Team Pictures and Time Trial. Meet at the Viking Statue at 7am in uniforms for pictures. **Team Parent meeting to follow.**

Team and Family Brunch to follow parent meeting. Details to follow.

Please visit our team website, www.GVXC.net that has a ton of information for the season: meet calendar, team history, photos, and other pertinent information. There is also a place to sign up to receive team emails, and this is the best way to stay informed and up to date with what is going on with the team. Please be sure to sign up for our email list. We also have a team Twitter @GVXC_run where we will post other pictures and information.

We are happy to welcome two new coaches to our staff, Coach Stephanie Nemeth and Coach Jenna Kortenhoeven. They both have running backgrounds and we are excited to have them with us!

Running doesn't require much equipment, but you will also need to have a good pair of running shoes, water bottle, and watch.

If you have any questions or concerns, don't hesitate to contact one of us.

Head Girls' Coach

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Assistant Coaches

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