

Seward Cross-Country
Coach Kurt Holliday 643-4227
Coach Steve Pinkall 641-0932
Coach Kyle Royuk 416-4819
Important Dates:

Physicals: The physical one night event at the high school is early this year, May 23rd from 5-7 pm. Get it done early and out of the way so that you do not have to worry about making an appointment later. You must have physical taken care of before the first day of practice.
Get your pay to play, Activity Ticket and NSAA Code of Conduct turned into HS Office asap as well.

Starting in June
Open Weight Room Hours from: TBA

Summer Mileage- (This is the most important element for a successful Cross-Country Season. Those that run will have a great year.) Milestones and Varsity letters are also awarded for a great summer worth of mileage. Please get together with people so that you have people to run with if that helps you to stay motivated.

Please keep track of your miles throughout the summer as well. I have enclosed a calendar for you to keep track of your miles and the route you ran, weather, time it took you, etc. Please include as much info as you can so that I can see what you did this summer.

National Guard St. Lo Fun Run – 5K on June 11th at 7:00 am. I would like to see all of you run in this event. If you decide not to run in it, I would really appreciate your help with working and hosting this event.

Wednesday Night CC Course Run's (Concordia Course): - Every Wednesday of summer starting June 29th - Aug. 10th at 6:00 pm.

Seward 4th of July Fun Run at 7:00 a.m. 2 mile or 10 K.

"Just Run" Cross-Country Camp at Seward High School Track (except for Wednesday night's we will meet at Concordia's CC course). July 11th – July 22nd at 6:00 pm – See Attached Form.

Little Kids Track Club July 11th, July 14th, July 18th, July 21st, July 25th, at 7:00 pm
We will have 5 Monday and Thursday practices at Seward High School Track- I will need all of your help with this little kids.

(Helpers will get community service hours and t-shirts)

First Day of Official Practice is Monday Aug. 15th at 3:45 p.m.
We will have a Team Meeting in Mr. Pinkall's room and Practice to follow.

School Starts Tuesday August 16th
Early Dismissal at 1:30. Practice at regular time 3:45 pm.

Freshman Orientation - TBA
Parent Meeting-TBA

Friday, Aug. 26th at 4:45 p.m. is the Alumni/Time Trial and Parent Open House at Concordia CC Course – East of new indoor track
Charlie Thorell Invitational - Thursday Sept. 1st at 4:45 is our first meet, same place as above.