

2018 Mentor Boys & Girls Cross Country

Head Coach: Bill Dennison – dennison@secondsoleohio.com

Assistant Coach: Sara Parcel - parcell@mentorschools.org

Assistant Coach: Mark Yocum - mark.yocum@pcls.net

- Make sure that you run this summer and you show up the first day of practice in shape! To help with this, and so you aren't running alone, the team will meet Monday-Wednesday-Friday at Veterans Park (By Shore) at 8:00-10:00am and Tues-Thursday are travel days to other parks. Those locations will be announced the week before at practice. Summer Running begins Monday, June 4th at 8am. You are expected to attend if at all possible. If you expect to run at the varsity level or get better, summer running is absolutely necessary!
- Sign up for our parent's club and stay up to date!!! The Mentor Pack Club for cross country will be 7th-12th this year and will include Mentor, Memorial and Shore.
- Run Road Races this summer. They make you better. Run the longer ones!!!!
- Lottery Ticket Fundraiser will be passed out the first week of summer running.
- Friday Night Lights 5K Friday July 13th 9pm (Team Fundraiser)
- 15th Annual Greater Cleveland Cross Country Camp – July 17th-21st @ Shore Middle School Sign up Today!!!! (Team Fundraiser)
- First day of mandatory practice begins Wednesday August 1st at Mentor High School. Practice will be daily from 8-10am. Once school begins, practice will be from 3:30-5:30pm. Must have all forms turned in by the first day of practice. All forms must be done on Final Forms. The only thing cross country coaches collect are new physicals.
- 500 Mile Relay – Thursday August 9th 2–8pm @ Garfield Park
Parent Meeting at 7:00pm
- Team Pasta Dinner Fundraiser- Monday August 13th MHS 5:00PM-7:00PM
Fall Sports Information Night Monday August 13th 7:00pm MHS
- Time Trials- Tuesday August 14th at 5:30pm Penitentiary Glen (Kirtland)
Team and Parent Picnic to follow
- Pay to Play is \$200 for the first student, first sport. **Pay to Play is Due Wednesday August 15th.**
Can be paid online or in Athletic office
- Mentor Cross Country has a team website www.mentorcrosscountry.com.
When the season starts all practice times, meet information and results can be found there!
- REMEMBER you MUST be signed up on Final Forms and everything must be up to date. You are expected to be at practice EVERYDAY. Do your best to avoid conflicts with work, family vacations etc. Please notify me in advance of any conflicts. If you have a conflict, this doesn't mean you can't come out for the team; just try to avoid them if possible