



Northview Cross Country 2020-2021

Coach Gober, Coach Sutherland, and Coach Vogel

All athletes must have a physical card on file. Please sign up for Remind. Text the message @e4ea7 to the number 81010. If you have a smartphone open your web browser and follow the link rmd.at/e4ea7. Join Google Classroom - code gj87lc . Masks required to start and end practice as well as meets.

Monday	Tuesday	Wednesday	Thursday	Friday
31 No Practice	1 Practice 2:30 -3:30	2 Practice 2:30 -3:30	3 Practice 2:30 -3:30	4 No Practice
7 No Practice	8 Practice 2:30 -3:30 (Uniform Orders Due)	9 Practice at Townsend Park 6:00-7:00 pm	10 Practice 2:30 -3:30	11 Practice 2:30 -3:30
14 Practice 2:30 -3:30	15 At Home (FHE, FHN, FHC)	16 Practice at Townsend Park 6:00-7:00 pm	17 Practice 2:30 -3:30	18 Practice 2:30 -3:30
21 Practice 2:30 -3:30	22 Practice 2:30-3:30	23 At Home Work Out Poppin' Fox Fitness 30 HIIT & Gentle Yoga	24 At Home Vs North Rockford	25 Practice & Dinner Coach Vogel's 2:30-4:45
28 Practice 2:30 -3:30	29 At Home Vs East Rockford	30 At Home Work Out Via Zoom	1 At Cedar Springs	2 Practice 2:30 -3:30
5 Practice 2:30 -3:30	6 At Home vs Greenville	7 At Home Work Out Poppin' Fitness Pop Pilates	8 At East Rockford Vs. North Rockford	9 Practice 2:30 -3:30
12 Practice 2:30 -3:30	13 League Championship At East Rockford (top 10 runners)	14	15	16

Boys run first and girls run second

Meets start at: 4:15

* If runners who are unable to attend practice, let the coaches know and an at home work-out will be provided.