

Joining Eastview Girls Cross Country



Cross country running is a sport where athletes race over natural terrain like grass, dirt trails, and hills, testing their endurance, speed, and mental toughness. It can be a fun and rewarding high school sport because it builds physical fitness, resilience, and strong friendships through shared challenges and team camaraderie.

What to do before August 17th?

- 1) Have a Sports physical on file with EVHS (needs updating every 2 years)
- 2) Sign-up up for Girls Cross Country via EduTrak -> [LINK HERE](#)
- 3) After August 17th? That's okay! You can still sign up after day 1!

Required Gear:

One of the perks of this sport is that the gear list is very simple and relatively inexpensive. You need:

- 1) Running Shoes with fewer than 400 miles on them (TC Running Co. in Burnsville is good)
- 2) Wrist watch with timing function. A GPS watch is nice but not necessary.
- 3) Water Bottle
- 4) Running clothes for the conditions. We run in all weather except lightning!

Program Info (for new athletes):

- **We do not cut athletes** like other programs do. All participants race either Varsity (top 7) or JV.
- **Training plans** and workouts are **individualized** for each athlete.
- **No running experience required. All abilities are welcome!**
- Cross country is an INDIVIDUAL sport, but **we function as a TEAM.**
- The season is from Aug 17th through Nov 7th (JV concludes Oct. 15th with the option to continue practicing longer)
- We practice Mon-Fri 2:45-5:15pm + Sat 8-10am (varsity and top JV)
- The last day to join is September 14th
- Questions? Contact Derek Schlager at derek.schlager@apps.district196.org