

# ***INTERESTED IN RUNNING CROSS COUNTRY?***

**PRACTICES WILL BEGIN THURSDAY, AUGUST 21ST.  
A CURRENT PHYSICAL AND A COMPLETED  
RANKONE ACCOUNT ARE REQUIRED TO  
PARTICIPATE.**

**SCAN OR CLICK BELOW FOR ATHLETE SIGN UP AND  
FOR MORE DETAILS. YOU ARE WELCOME TO RUN  
CROSS COUNTRY AND PLAY  
FOOTBALL/VOLLEYBALL.**

**\*BOTH TEAMS' COACHES WILL WORK TOGETHER**

**<http://tiny.conroeisd.net/zTs2e>**

