Success is uncommon and not to be enjoyed by the common man. I'm looking for uncommon people because we want to be successful, not average. – Cal Stoll

July 30th, 2019

Dear Cross Country Team Member,

Thanks for coming out for the 2019 East Jordan High School Cross Country team. Whether you are a boy or girl, we are truly excited that you have made the first step and commitment to be a part of the team. East Jordan has a rich tradition of individual and team success w/ two state championships, one state runner-up and numerous conference and regional championships of which to be proud. Last year's season was certainly one to remember w/ both the girls and boys teams placing first at the regional championships, and qualifying for the state meet where the boys placed third and the girls placed ninth. Goals will be set in August! Think Big!

Upcoming dates to remember:

- Our first practice is Monday, August 12th @ 7:00 a.m-9:00 a.m. (Boswell Stadium). Make sure you have a physical on file w/ the school before practicing. You may bring it to the first day of practice if needed.
- We are still meeting each Monday, Wednesday, and Friday @ 7:00 a.m. for "club runs". Meet at Boswell Stadium.
- Wednesday, August 14th, at 5:30 p.m.-Parent Meeting (Mr. Peterson’s Room)
- 1st Meet: Ryan Shay Memorial Cross Country Meet-Central Lake: Saturday, August 17th (2 miles).
- Team Camp @ Camp Arbutus (near Traverse City): August 19-22nd. Cost per athlete will be $40.00. A detailed itinerary etc...will be sent home during the first week of practice. This will be a combined camp with Charlevoix and possibly Pellston....probably close to 50 athletes will be attending!
- Friday: August 23rd-Fundraiser (ticket taking) @ Emmet County Fair (we will need volunteers)-adults only. The sign up link is on Cross Country facebook as well as Remind. Thanks!
- Wednesday, August 28th: East Jordan Invitational

We are very excited for the upcoming season. Don’t hesitate to call or email Coach Nachazel or myself w/ questions.

Sincerely,

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Mr. Nachazel (231-350-2248) pnachazel@ejps.org