



Dear Student Athletes,

We would like to cordially invite you to join us for the first Shelby Coyote Cross Country practice of 2021 on Friday, August 13<sup>th</sup> at 7 a.m. We will meet at the south entrance of the multi-purpose room before practice. Successfully competing in cross country requires, among other things, endurance training and core strengthening; thus, expect practices to last an hour to an hour and a half.

Before school starts, we will meet at the south entrance to the multi-purpose room at 7 a.m. After the academic year has begun, after-school practices will be held at 5 p.m. on weekdays. If there are any conflicts let us know so we can work around any conflicts before practice starts. Attached with this letter is a schedule of the meets and where we will be running this year. Students interested in attending the first practice should bring comfortable running attire, running shoes, and a water bottle. In addition, students must have their sports physicals, concussion release forms, and drug release forms at the first practice.

For interested students and/or their parents or legal guardians, there is additional information regarding the sport and nutrition available upon request. This information is helpful to those who are new to the sport or sports in general.

We look forward to meeting and working with all of you. Our main goal this year is to get better every day and get faster every week. If you have questions about anything, do not hesitate to contact us as we are both willing to accommodate and address anything that may come up.

We hope to see you on Friday,

Head Coach Caydon Keller (406) 460-0512

Assistant Coach Eric Munson (360) 431-4959



## 2021 Cross Country Schedule

*\*Schedule subject to change*

MEET	PLACE	DATE/TIME
Browning Invitational	Browning (Browning High School)	August 28 Time TBA
Cut Bank Time Trials	Cut Bank (Cut Bank Golf and Country Club)	September 3 @ 4:20 pm
Havre Invitational	Havre (MSU-Northern Campus)	September 10 @ 10 am
Shelby Invitational	Shelby Roadrunner Trail	September 13 @ 4:30
Mountain West Classic	Missoula (U of M Golf Course)	September 18 @ 9:30 am
Whitefish Invitational	Whitefish (Whitefish Lake Golf Course)	September 28 @ 3 pm
Great Falls Invitational	Great Falls (Anaconda Hills Golf Course)	October 1 Time TBA
Helena 7 of 7	Helena (Bill Roberts Golf Course)	October 7 @ 12 pm
Glacier Invitational	Kalispell (Rebecca Farm)	October 13 @ 2 pm
Fergus County High School Invitational	Lewistown (TBA)	October 16 Time TBA
All State Cross Country Meet	Missoula (U of M Golf Course)	October 23 Time TBA