

# Central Square Cross Country



The CS cross country program is interested in runners of all experience and skill levels. Our schedule allows for all team members to compete several times throughout the season against appropriate competition. Whether you are a seasoned veteran, entirely new to running, or looking to get in shape for future competitive seasons, the CS XC experience can provide all the needed tools to reach your goals.

## Contact Coaches:

[whansen@cssdapps.org](mailto:whansen@cssdapps.org) (Boys Varsity XC Coach)

[shansen@cssdapps.org](mailto:shansen@cssdapps.org) (Girls Varsity XC Coach)

**We would love to have you on the team!**

# **Boys & Girls Varsity XC Info**

**The 2025 XC season starts Monday 8/18. Athletes meet at the shade structure behind MHE and practice from 8-10am**

- **The first 2 weeks of practice will be 8-10am** (\*8/28 practice will be 3-5pm)
- **Tuesday 9/2 practice will be 3-5pm, please remember there will not be a sports late bus next year.**
- **Once school begins on Wednesday 9/3 practice will be 3:15-5:15 pm**
- **Please sign up and complete all the necessary information on Family ID** <https://www.cssd.org/Page/703>
- **Family ID opens for Varsity Sports July 20**
- **We will have opportunities to run this summer with group runs led by coaches and/or by captains**
- **Please check out this summer running camp. This is an excellent camp for runners: Summer Running Camp**  
<https://forms.gle/MeogEWcwaJzSU7EY6>
- **Local race calendar link**  
<https://runsignup.com/Club/Races/341>
- **Please reach out if you have any questions!**