



# NORTH ROCKFORD

## CROSS COUNTRY 2025

**Practice begins Tuesday, August 26th**

**Practice is daily from 2:45-4:00.**

Practice is very important to us! Practice helps runners gain endurance, develop strength, prevent injuries and build camaraderie.

We understand some athletes are balancing multiple sports. Athletes are granted 3 excused absence during the season. If you know you will need to miss more than 3 practices and/or meets due to another sport or activity, then you cannot make the commitment that we ask of our runners.

### **6<sup>th</sup> graders**

6<sup>th</sup> graders begin by practicing three days a week- Monday, Tuesday and Thursday from August 26-September 18 (tentative until schedule is finalized). At that point, athletes can choose if they want to continue with daily practice and meets until the end of the season in mid-October.

### **Contact**

Head Coach  
Emily Weinmann  
[eweinmann@rockfordschools.org](mailto:eweinmann@rockfordschools.org)

6th grade coach  
Lynnelle Buchanan  
[lbuchanan@rockfordschools.org](mailto:lbuchanan@rockfordschools.org)

### **Schedule and Meets**

Schedule can be found at [Rockfordrams.org](http://Rockfordrams.org)

Races are 2 miles long.

### **Pre Season Camp**

August 18-21, 4-5:30 pm  
Monday and Wednesday @ NRMS Track  
Tuesday and Thursday @ ERMS Track  
Athletes go to all 4 days

**Cost: \$50 (includes shirt)**  
**Register through [RPSsignmeup.com](http://RPSsignmeup.com)**  
**3179-Coed 6th-8th Grade Cross Country Camp**

