

PENN MANOR



CROSS COUNTRY

Varsity cross country is for students in grades 9-12. Varsity cross country races are 3.1 miles, also known as a 5K. In order to build strength and endurance for the season ahead, athletes are strongly encouraged to attend the voluntary summer cross country practices as often as possible. Practices typically last 1 1/2 hours and will range from distance runs to speed/interval workouts with time for a game here and there! The official season and MANDATORY practices begin on Monday, August 15th.

Summer training will **typically** be held three days a week beginning later in June. We will meet at any of the following locations: Manor Middle School, Penn Manor High School, Millersville Borough Park, and the Enola Rail Trail. Specific days, times, and locations will be posted on the Cross Country Blog by the beginning of June (see below).

Penn Manor Varsity Cross Country Blog: <https://blogs.pennmanor.net/crosscountry/>

We encourage families to sign up for the blog to receive email notifications as soon as new information is posted. There will be more announcements as we get closer to our first practice. This will be one of our two forms of communication.

The Remind App: See the link on the blog page. This is our second form of communication.

Penn Manor Athletics Website: <https://pennmanorathletics.com/>

Click on the link for the Athlete Headquarters and choose Penn Manor Athletic Registration Packet for all necessary forms. NOTE: PIAA Physicals must be performed after June 1, 2022. Required forms include: PIAA Sports Physical, Code of Conduct, and Drug Consent. The Drug Consent form only needs to be signed one time, but is mandatory for students in Grades 9-12. All forms must be uploaded on **SPORTSWARE**. Please see the link at the top of page on the Cross Country blog for directions on how to create an account (if you did so last year, you will simply add information to your existing account).

Cross Country Coaches

Andrea Kramer
andrea.kramer@pennmanor.net

Bob Ulmer
rulmer1@comcast.net

Doug Kramer (Volunteer Coach)
Tom Ecker (Meet Director)

