



# Blue Valley North XC

## 2019 Spring/Summer Important Information and Dates

**Head Coach:** Laura O'Connell

**Assistant Coaches:** Meaghan Ridgway, Mark Fancher, Kiah Kollman &  
Travis Vanderberg

**Contact Information:** [lgoconnell@BlueValleyK12.org](mailto:lgoconnell@BlueValleyK12.org)

**Team Webpage:** <https://lgroxberg.wixsite.com/bvnxc>

**Team Facebook Group:** Blue Valley North Cross Country

### Important Dates:

- **Wednesday, May 15<sup>th</sup>:** BVN XC Newcomer's Meeting - This is a great opportunity for parents and athletes to meet other parents and discuss upcoming summer training and the fall season. The meeting will be at 6 p.m. in the BVN Library.
- **Monday, June 3<sup>rd</sup>:** Summer training begins at 6:30 a.m. at the BVN Track. Practices will end by 7:45 or earlier depending on the day. For the first week (M-F) we will meet at the BVN Track. During this week we will determine meeting times/places for the remainder of the summer.
- **Monday, August 19<sup>th</sup>:** First day of the 2019 XC season. Practice will begin with a meeting at 3:15pm in the little theatre. Athletes should come dressed ready to run and have all their physical paperwork turned into the office.

Joining the cross country team at BVN is a great way to get involved, stay fit, challenge yourself, and meet new people. We would love to have you join us for summer training and the 2019 season!

*Fill out the form on the team's webpage to be added to the e-mail distribution list.  
Contact Coach O'Connell with any questions [lgoconnell@BlueValleyK12.org](mailto:lgoconnell@BlueValleyK12.org).*