

LIBERTY LAUNCH ACADEMY

P R E S E N T S

HIGH SCHOOL

CROSS COUNTRY

COACH: KEVIN UDELL

AUG 26- NOV 15

SUMMER

COLOR ME RAD: JUNE 15 @ LLA

SUMMER RUN CAMP: JULY 22-29 , 9-12 @ LLA

SCHOOL PROVIDES UNIFORMS, SHORTS, & TRANSPORTATION

FALL

PRACTICES

M-F 2:30- 4 *NON STUDENT DAYS, TIMES MAY SHIFT

RACE SCHEDULE

**INCLUDES MULTIPLE AREA LEAGUE MEETS, PLUS OUT
OF TOWN MEETS**