

# Arlington Cross Country



## A Tradition of Excellence

Coaches: Steve Arnett & Brian Dobens

Arlington fields both a Girls and Boys XC (cross country) team for Freshman, JV, and Varsity athletes.

Previous running experience is not necessary.

Meet the team and run this summer in preparation for the Fall Campaign - starting date: August 24<sup>th</sup>

For more information you can contact Coach Arnett by:

Call or text @ cell phone: 845-625-3688

Email: [mrxc11@yahoo.com](mailto:mrxc11@yahoo.com)

Call or leave a voice message at home phone: 845-266-5081

Family ID must be done online by going to the Arlington High School Athletic website and clicking on "Register Now" and following the directions.

**Registration will be: July 27<sup>th</sup> – August 10<sup>th</sup>.**

If you do not complete Family ID on time you will not be cleared for the first day of practice.

**Cross Country officially starts:**

**Monday, August 24<sup>th</sup>**

We meet behind the school by the brick athletic arch.

Practice will be from: 8 am to 11am\*Come dressed to run!

XC is a great way to start your Arlington career!

Destiny is not a matter of-chance.

It is a matter of choice.

It is not a thing to be  
waited for; It's a thing to  
be achieved.

Choose the  
sport of  
excellence.

Join Arlington  
Cross  
Country!





# ARLINGTON XC

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

For incoming Middle schoolers soon to be 9<sup>th</sup> graders:

What middle school did you attend? \_\_\_\_\_

Did you run cross country or track in middle school? \_\_\_\_\_

Do you participate in other sports? If yes please list them:

\_\_\_\_\_

**Please email this page as an attachment to Coach Arnett.**

**Thanks!**