



# LSE XC 2018 Important Dates & Contacts

## Beginning of the Season Dates

Aug 6 7 AM	First day of Fall Practice
Aug 7 6-8 pm	<u>Family Picnic</u> at Holmes Lake, Shelter #1, Bring a main and side dish & lawn chairs. <u>Get Info Packets-turn in forms on 13th*</u>
Aug 13- 15 2:30 pm	After school practices begin, wrestling room (16th & after at 3:30)
Aug 13 7pm	All Sports Meeting Prash Gym/ <u>XC Parent Meeting*</u>
Aug 14 2:10 pm	Photos after early release-2pm. Prash. Bring photo packet.
Aug 17 5-8 pm	Friday Knight Festival at LSE
Aug 25 8 am	<u>Time Trials</u> at Pioneers Park. Parents are welcome. Bagels & juice for athletes following trials.
Aug 27 at 8 am	XC Apparel and Decal orders due

## Spaghetti Feeds after practice (typically start around 5:30-6:00), Bring a side or dessert

Thurs Aug 30	Thurs Sept 27	Thurs Oct 18
Thurs Sept 6	Wed Oct 3	
Wed Sept 12	Wed Oct 10	

## Fundraisers Tues Sept 18- Taco Tuesday LSE Booster Fundraiser in cafeteria

\*\*Monday Sept 24 XC Fundraiser 5-9 pm at Chipotle on Pine Lake\*\*

## Meet Schedule at [heartlandathleticconference.org](http://heartlandathleticconference.org)- please check site & Twitter for updates, *times and dates may change during the season!* Bring a water bottle!

Sept 1 8 am	JV/V Invitational at Walnut Grove
Sept 7 3:45	JV/V Invitational at Walnut Grove
Sept 10 5pm	JV East Invite at Pioneer Park
Sept 13 3:30	JV/V Invite at Pioneer Park
Sept 20 4:00	JV/V Invite Pioneer Park
Sept 28 4:00	JV/V LPS Championship at Pioneer Park
Oct 4 4:00	JV/V HAC Kearney Country Club
Oct 9 5:00	JV LPS Open at Pioneer Park
Oct 11 4:30	Districts- V- TBD
Oct 19 12:30	State at Kearney Country Club- V
Oct 6:00	LSE XC Banquet at LSE Commons Area- All athletes and parents

## Important Contact Information

Coach Nebel Contacts- Google Classroom with Athletes, Twitter @LSECrossCountry, [wp.lps.org/dnebel/cross-country](http://wp.lps.org/dnebel/cross-country)

LSE XC Boosters Twitter- @lse\_XC Email- [lse.crosscountry@gmail.com](mailto:lse.crosscountry@gmail.com)  
Mary Turner 402-730-8459/ Suz Heller 402-770-8130/ Annette Watts 402-665-0262