

2023 DIRECTIONS FOR CENTRAL DAUPHIN CROSS COUNTRY

PLEASE GOTO THE CROSS COUNTRY WEBSITE: <https://www.cdschools.org/domain/1797>

Prospective runners/parents/guardians, welcome to our cross country family.

There are a few items that must be completed if you intend to run Cross Country at Central Dauphin.

ITEM 1: Let Coach Leuschner know of your interest in participating. [2023 Sign-Up Sheet.](#)

Any Questions: Rick Leuschner at fgleuschner@cdschools.org or phone at (c) 717-645-6194

ITEM 2: All 9th graders and any new students must take the baseline ImPACT test. Test dates are:

Thursday, August 3 at CD Library, 11:00 am

Thursday, August 10 at CD Library, 11:00 am

ITEM 3: Print out [Physical Packet here](#) + get a physical. School physicals:

Tuesday, August 1 CDHS 2-4 pm ([sign-up here](#))

ITEM 4: Read [Welcome Letter here.](#)

ITEM 5: Fill out [Questionnaire here.](#)

ITEM 6: Fill out [Emergency Card here.](#)

ITEM 7: Be at 1st/2nd week of practice. [Practice Schedule here.](#)

Week 1: August 14-18, 8:00-11:00 am (Main Practice) AND 3:00-5:30 pm

Week 2: August 21-22, 8:00-11:00 am (Main Practice) AND 3:00-5:30 pm

August 23-25, 3:00-5:00 pm only

ANY QUESTIONS:

High School Contact: Rick Leuschner fgleuschner@cdschools.org or (c) 717-645-6194