

Zion Crusader Cross Country 2023

This is a co-ed sport at Zion. Girls are able to participate in cross country, volleyball, and soccer. If practices/meets were to overlap, please make a responsible choice and communicate with the coaches.

You are responsible for making arrangements to get your child(ren) to and from practices, away games, and tournaments. Look for emails to let you know other important information.

Athletes are to wear their Zion Crusader's t-shirt jerseys. If you would like to purchase a new Zion Crusader t-shirt jersey (\$12) through school, you can write a check to Zion Lutheran and give it to the school office or Mrs. Schwartz.

Fall Sports Pictures are September 18th. Please make sure that your child(ren) has their uniform so their picture can be taken.

Cross Country coach: Mrs. Crave (leah.janke@gmail.com) 920-382-3560
Athletic director: Megan Schwartz (mschwartz@zioncrusaders.com) 262-374-4154

August

Thursday 24	Practice	3:15-4:00
Monday 28	Practice	3:15-4:00
Thursday 31	Practice	3:15-4:00

September

Tuesday 5	Practice	3:15-4:00
Friday 8	Meet	Janesville @ Youth Sports Complex 4:15pm
Monday 11	Practice	3:15-4:00
Thursday 14	Practice	3:15-4:00
Friday 15	Meet	Lake Mills @ Korth Park 4:15pm
Monday 18	Practice	3:15-4:00
Thursday 21	Meet	Sun Prairie @ Sheehan Park 4:15pm
Monday 25	Practice	3:15-4:00
Thursday 28	Practice	3:15-4:00

October

Monday 2	Practice	3:15-4:00
Tuesday 3	Meet	Lakeside @ LLHS 4:15pm
Thursday 5	Practice	3:15-4:00
Saturday 7	Meet	LSA State TBD
Monday 9	Meet	BLAC @ Fort Atkinson 4:15pm