



## OAK GROVE LUTHERAN SCHOOL CROSS COUNTRY 2026

We are excited for our first season of our own independent Oak Grove High School and Middle School (7-8<sup>th</sup> grade) Cross Country program! We have had tremendous success building our distance Track and Field program the last several years and that momentum has led us to starting our own program for the first time and look forward to a successful and fun program for years to come.

Patrick Chaffee will serve as the Coach, whom most of the athletes already have as their distance coach in the track and field program. Tommy Conmy and Erica Chaffee will also serve as assistant coaches and potentially a few others yet to be determined.

### **Key items of note for our 2026 Cross Country season:**

- First practice will be on Monday, August 11<sup>th</sup> (time TBD), either earlier in the morning or later in the evening when it is not so hot in mid-August until school starts.
- The season runs through Friday, October 23<sup>rd</sup> which culminates at the state meet held in Jamestown
- We will likely participate in approximately 6 – 8 meets throughout the season.
- We will be competing in the Class B level (same as our Track program)
- When school starts, we will be practicing right after school at North Campus
- Each meet we participate in will have middle school and high school divisions and all athletes will participate in the same meets with the exception of the State meet which is Varsity only.
- We welcome athletes from other sports and extracurricular activities to participate, and we will do everything to accommodate a multi-activity athlete with flexibility.
- Summer programming for those interested will be available, likely through a combination of periodic Captains practices and get togethers and additionally Coach Patrick can prepare training programs for any athlete interested.
- All communication for all athletes and parents is facilitated through Team Reach (any track athletes and parents already used to this)
  - Download the Team Reach App – code is: OGXC2026

We are excited to get rolling (or running)!

Coach Patrick Chaffee (any questions contact me at [Patrick.chaffee@oakgrovelutheran.com](mailto:Patrick.chaffee@oakgrovelutheran.com))

Brent Wolf – Athletic Director