

# Romeo High School Cross Country Parent/Athlete Meeting

Parents and athletes, please join us for an informational meeting about joining the Defending Macomb County Champion, 2020 State Champion Romeo High School Cross Country program. This meeting will take place **“Virtually”** on **Wednesday, June 2nd @ 7:00 pm** through a Google Meeting Format. This meeting will cover many important topics including:

- Head Coach Introduction- (Mike Buslepp)
- What is Cross Country?
- Summer Conditioning Program
- Team Successes
- Fall Practice/Meet Schedules
- XC Summer Camp
- Apparel Orders
- Pay to Play/Physicals
- Remind 101



Cross country running is a varsity and junior varsity sport in which teams of runners' race on open-air courses over natural terrain that includes grass, dirt, hills, mud, and flat ground. This is a non-cut sport where everyone gets to participate and is great for staying in shape for other sports, living and maintaining a healthy lifestyle, and competing. Many athletes have gone on to compete at the college level on scholarship from the Romeo Program. Everyone gets to compete, there are no cuts! Come join one of the BEST programs in the state!

Please e-mail me at [michael.buslepp@romeok12.org](mailto:michael.buslepp@romeok12.org) if you're interested in joining and getting more information about XC. I will be sending out an important informational packet prior to the meeting.

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Google Meet joining info

Video call link: <https://meet.google.com/awq-hcke-tke>

Or dial: (US) +1 385-352-0850 PIN: 949 855 467#