

## Important Dates/Times/Items to Remember:

(Please note that all practice/meet times/locations are also located on the [Polar League website](#) and at the [Esko CC website](#))

**August 14, 2023:** First day of practice. We will meet at 7:00 AM in Ms. Kyes's room. ***You MUST be registered through the high school athletic registration site before you can practice!***

**August 21, 2023:** ***Athletic fees are due.*** If you have not paid by this time you cannot participate in practice or meets until fees are paid. \$175 for varsity / \$100 for junior high. Fees are to be paid online on the same site you signed up for CC or can be paid in the high school office. ***Coaches will not collect or handle any sports fee monies at any time.***

**September 5, 2023:** First day of school. We will meet at 3:30 PM in Ms. Kyes's room.

- Practice will be Monday – Friday and start at 7:00 AM until school starts.
- Once school begins, practice will start at 3:30 PM. Time for practices on early release days (Wednesdays) will be at 2:30 PM.
- Please note there is at least one meet on Saturday.
- Practices are typically 90 minutes but may run longer or shorter depending on what we do/where we practice.
- **We use the Remind app to communicate any changes to the practice or meet schedule.** Use class code: @eskocro

Coaches Contact Information:

Head Coach Jerimy Hallsten  
[eskocrosscountry@esko.k12.mn.us](mailto:eskocrosscountry@esko.k12.mn.us)

Assistant Coach Dennis Rengo  
[drengo@esko.k12.mn.us](mailto:drengo@esko.k12.mn.us)

Assistant Coach Liz Kyes  
[lkyes@esko.k12.mn.us](mailto:lkyes@esko.k12.mn.us)