



THE ACADEMY
San Francisco
@ McAteer

SPORT: CROSS COUNTRY (F/S & VARSITY)
HEAD COACH: BRENDAN McCARTHY
ASSISTANT COACHES: JON CHIMENTO / TIM HANLEY
ATHLETIC TRAINER: GINA BIVIANO
STRENGTH & CONDITIONING COACH: ALVARO CARVAJAL
AFTERSCHOOL PROGRAM COORDINATOR: SUSY DUBON

2019-2020

ACADEMYWOLVESATHLETICS.COM

All players must travel to/from games as a team. Opt-out forms are available and must be signed by a parent/guardian.

ALL PLAYERS MUST USE UPACTIVE.COM TO RSVP FOR GAMES AND PRACTICES.

TRANSPORTATION	DATE	OPPONENT	LOCATION	TIME	NOTES (10/15)
	8/12/2019	FIRST OFFICIAL PRACTICE DAY	TBD	TBD	ALL FORMS MUST BE TURNED IN
	8/12-8/23	INDIVIDUAL RUNS (1-3 MILES)	TBD	TBD	CHECK UPACTIVE.COM
	8/26-10/9	PRESEASON AND PRACTICE	ACADEMY TRACK	4:00	CHECK WEEKLY PRACTICE SCHEDULE
OW = 2:30	10/10/2019	ALL SCHOOLS	POLO FIELDS	3:30	
OW = 2:30	10/16/2019	ALL SCHOOLS	POLO FIELDS	3:30	
OW = 2:30	10/25/2019	WASHINGTON / WALLENBERG / LYCEE FRANCAIS	POLO FIELDS	3:30	REGULAR SEASON OPENER
OW = 2:30	10/31/2019	LYCEE FRANCAIS / GALILEO / LINCOLN	POLO FIELDS	3:30	ACADEMY HOSTS
OW = 2:30	11/5/2019	BALBOA / ICA / O'CONNELL / SFI / LYCEE FRANCAIS	POLO FIELDS	3:30	
OW = 2:30	11/14/2019	BURTON / LOWELL / LYCEE FRANCAIS	POLO FIELDS	3:30	
OW = 12:00	11/20/2019	ALL-CITY CHAMPIONSHIP	POLO FIELDS	12:30	FROSH-SOPHOMORE (1:00) / VARSITY (2:30)
	11/30/2019	ALL-STATE CHAMPIONSHIP	FRESNO	TBD	

ALL GAMES ARE SUBJECT TO CHANGE. ADDITIONALLY, MORE GAMES MAY BE SCHEDULED.

PLEASE REFER TO ACADEMYWOLVESATHLETICS.COM FOR THE MOST UP-TO-DATE INFORMATION AND FOLLOW @ACADEMYWOLVESSF ON INSTAGRAM.

TRANSPORTATION

RT = Round-Trip Bus
 OW = One-Way Bus
 MUNI = Make sure you have a Clipper Card!

UNIFORMS

RUNNING SHOES, SHORTS, SINGLET,
 LONG SHIRT, SWEATSHIRT,
 SWEATPANTS

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