



NORTH LAKELAND SCHOOL DISTRICT

*Serving the Townships of: Boulder Junction, Land O' Lakes,
Manitowish Waters, Presque Isle & Winchester*

12686 County Hwy. K ~ Manitowish Waters, WI 54545

715-543-8417 ~ 715-543-8868 (fax) ~ www.northlakelandschool.com



6-2-2026

The 2026 Cross Country season is next fall! The coaches are looking forward to an excellent season. Cross country can be a very positive experience, and it is amazing to see North Lakeland students share a common respect for teammates, coaches, and other schools. We expect Cross Country to foster positive attributes, including physical fitness, healthy competition, respect for rules and regulations, as well as a sense of responsibility.

This year, the season will be available to 5th-8th grade boys. We combine with area schools to create a "Lakeland" cross country team and compete as one team at most events. Our practices are held on school grounds with a coach here at North Lakeland.

**** Updated physicals for our athletes will be required to participate in practice and meets. Many of them are currently out of date or expiring soon. If your student is planning on being in track and field and their physical is out of date, you will need to contact your physician to schedule an appointment. We have forms at school and linked from the [school website](#) that the physician will fill out to allow for eligibility (school only needs the last page - medical eligibility). *Feel free to check with Mrs. McMahon in the school office about your child's sports physical status: jmcmahon@nles.us or 715-543-8417 ext. 117 *****

It is important that the participants know that ATTITUDE is an extremely important part of Track and Field, as it can impact the entire team. If negative attitudes are having an influence on teammates, the athlete may be reprimanded or removed from the team. **Practices will begin at the beginning of next school year.** The coaching staff has not yet been fully figured out yet, Mr. Breitholtz, who was the founder of our team, has decided to step back and we are transitioning next season. More information will follow regarding practices, coaching, and the schedule.

Please return this form to Mr. Karaffa if you are planning on doing cross country.

Any questions, please contact Carl Karaffa at ckaraffa@nles.us (best) or 715-543-8417 ext. 203.

Student Name: _____ **Student Signature:** _____

Date _____

Parent Signature _____

Date _____