

Head Coach:

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STAY CONNECTED!

There's no reason to feel out of the loop this year! Subscribe to Remind101 and follow us on Twitter for the latest updates and reminders for the Winnetonka Cross Country teams. For instant access to team information including a live practice and meet schedule, visit our team website!

Team Website: <http://tonkaxc.weebly.com>

Twitter: @TonkaXC

Remind101: <https://www.remind.com/join/xctonka>

Sign up online--Class Code: @xctonka

Subscribe instantly by texting @xctonka to 81010

9ROUND

Athletes will train at 9Round in Liberty on Mondays at 3:15 PM. Please visit the team website and click on the tab labeled '9Round' at the top of the page for a complete overview of the program and what to expect. Here are a few important reminders that you need to remember:

- You must have a parent sign a waiver for you to participate
- The cost is \$6.00 per class (You may bring cash or put a debit/credit card on file)
- You must bring your own wraps or purchase wraps for \$10 that can be used each time
- You may borrow boxing gloves each week or you can purchase your own gloves for \$30
- Transportation is not provided. Please drive or arrange a ride with a parent or teammate.

LOCATION:

9Round-Liberty

9758 N Ash Avenue

Kansas City, Missouri 64157

Phone: 816-792-9995

DIRECTIONS FROM WINNETONKA:

Go north on I-35 and exit on 291 highway in Liberty. Turn left on 291. Then, turn right on Ash (between the McDonalds and the Quik Trip) and take your first left into the strip mall. 9Round will be on your right.