



Welcome all student-athletes, I, Mr. deNobel, am the head coach of the Knightdale High School of Collaborative Design Cross Country Coach. I previously ran cross country on the Leesville Road High School State Championship team. Information relating to KHSCD cross country team can be found here.

Important Info:

- Please sign-up to the KHSCD Cross Country remind, signup info can be found;
 - <https://www.remind.com/join/khscdxc>
- Please follow the new KHSCD Cross Country twitter page, located;
 - <https://twitter.com/KnightdaleHSXC>
- Please follow the KHSCD Cross Country google calendar located;
 - <http://tinyurl.com/KHSXC-Calendar>

Important Dates:

June 26 - June 30: Summer workouts will be begin 7:30am at the KHSCD track (finish/pick-up 10am)

July 3 – July 7: 1st Summer Dead Period

July 10 – July 14: Summer workouts will continue at 7:30am at the KHSCD track (finish/pick-up 10am)

July 17 – July 23: 2nd Summer Dead Period

July 24 – August 2: Summer workouts will continue at 7:30am at the KHSCD track (finish/pick-up 10am)

August 1: First Day of official Practice 7:30AM at the track / Finish (pick-up) 10AM

August 2: Practice at 7:30AM at the track/Finish (pick-up) 10AM

August 3-25: Teacher Workday practice will begin 4:30pm / Finish (pick-up) by 6:30pm

August 28: First day of school – Practice will be 2:35 to 4:30/5:00pm

Fall Ticket to Play TBA; every athlete must come get an eligibility review

Fall Picture, Stadium Clean-up, and Fall Sports Parent Meeting forthcoming

Coach deNobel

919-217-5350

idenobel@wcpss.net

Room 2613