



ALVERNO  
HEIGHTS ACADEMY



# ***CROSS COUNTRY TRY-OUTS***

Friday, August 16, 2019

1:00 p.m. to 2:30 p.m.

Alverno Heights Academy

**All athletes must have a completed  
"Physical Form" on file.**

Questions? Contact Coach Alex Grimstad '03 at  
[agrimstad@alvernoheights.org](mailto:agrimstad@alvernoheights.org)