

XC Basic information

Schedule

| 2016 AHS CROSS COUNTRY | | | |
|------------------------|---------|--------------|------|
| DATE | LEVEL | LOCATION | TIME |
| Sept. 1 | V/JV/MS | Abilene | 4:00 |
| Sept. 8 | V/JV/MS | Holton | 4:30 |
| Sept. 13 | MS | Clay Center | 4:00 |
| Sept. 15 | V/JV | Clay Center | 4:00 |
| Sept. 20 | V/JV/MS | SES | 4:00 |
| Sept. 29 | V/JV/MS | Beloit | 3:45 |
| Oct. 4 | V/JV/MS | Ellsworth | 3:30 |
| Oct. 13 | V/JV/MS | NCKL-Clay Ce | 4:00 |
| Oct. 22 | V | Regional-TBA | TBA |
| Oct. 29 | V | State-Wamego | TBA |

Practices:

- 1) Meet at a location TBD, somewhere near or at the High School
- 2) Practice starts at 3:30 pm
- 3) Practice will end anywhere from 4:30-4:45 for Middle School to 5:00-5:15 for High School

What is expected:

- 1) Runners come prepared to work hard and run every day
- 2) Have proper **running shoes** and running apparel (Athletic shorts, t-shirt, etc.)
- 3) 7th Grade Race distance-**1 mile**. 8th Grade Race distance-**2 miles**. High school Race distance-**3.1 miles**. All Runners should be able to run that distance by the first meet on Sept 1st.

Things to remember:

- 1) Running is hard so I want everyone to show their teammates support and enthusiasm
- 2) Communicate! Let a coach know if a runner needs to stay after school or miss a practice
- 3) Make sure all runners Hydrate! Drink Water!! 64 oz a day is preferred.

I am Really looking forward to this Cross country season and hope all runners and families are ready for a fun filled season as well! At the Fall Sports meeting, I will have copies of our 2016 XC Handbook for further in detail information.

Coach Rankin