

2019 Cross Country Important Dates

April 16-17 League Prelims Track
April 26 Friday League Finals Track
April 29- 5/5 Week off no running or if you were sick during the season or injured keep running no time off. Just do mileage, get your weekly mileage up.

May 6 - 11 Recovery running 4 or 5 a week, runs of 30-45 Minutes or if feeling good and want to get a jump on your summer training, start slowly, no workouts just recovery runs, get your mileage up.

May 13-26 Mandatory Tryouts 3:15 in the health room

May ??? Physicals \$25 Proceeds go to Athletic training program See Flyer. YOU MUST HAVE A PHYSICAL TO TRYOUT; 2018-2019 physicals ok.

May 27 - June 14 Practice 3:15 health room Finals week Practice right after school

May 28 or May 29 Mandatory Parents meeting for all athletes that made the team. 6:00 in the theater room 105

Summer donation \$200 and camp money due \$220, \$275 after June 18

June 17 8th graders or make up meeting, Room 105 by the theater. 6:00 pm
Summer practice starts (Coaches... Roll,abs,plyo drills,weights)
6:30 am Health Room, Incoming 8th graders OK to practice.
Captains in charge of the training runs.

July 3 Freedom 5000 Fundraiser set up (everyone)

July 4 Freedom 5000 Fundraiser

July 5 First day of Official Summer XC summer practice
(Must have a 2019-2020 physical and paperwork)
New 9th graders tryouts. 6:30 am M-F Health room, Sat 7:20 Oak Mesa Elm.

July 13 Last day of tryouts new 9th graders

August 1 Wrightwood camp money Due \$275 (9th graders \$250)

August 2 Summer school is over, Practice stats at 7:30 am Mon - Sat

August 5-9 XC camp in Wrightwood

August 19 First day of Mandatory XC Practice 7:30 am Attendance counts to run at the first meet. Sept 7 Cool Breeze Invite Please no vacations

August 28 First day of school Practice 3:15

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