

# Copper Hills 2016 Cross Country

**Coaches:** Mrs. Cords, Miss Sandoval, and Miss Hiatt

**Please Sign up for Remind for Cross Country info, updates, and reminders!**

**Enter this number: 81010**

**Text this message: @ccord**

## **Practice Schedule/Expectations:**

- Practice will be held 3:30 p.m. – 4:30 p.m. Mondays, Tuesdays, Thursdays and Fridays (except meet days)
- Athletes are required to participate in 50% of the weekly practice schedule to participate in meets and for Block CH, and must be at practice the day prior to the meet. Please no tardies or early dismissals.
- Athletes in Pep/Cheer will be excused from XC practice on their practice day.
- Please be prompt in picking up your child. Cell Phones are not allowed for use during practice or meets. Ensure your child knows when and where they are to be picked up.

**Equipment:** Athletes are expected to wear appropriate running shoes (please no Vans or Converse), wicking type shirt, athletic shorts, sunscreen and water bottle. No jewelry is allowed during practice or meets.

**Bad Air Quality:** District policy states that athletes with asthma listed on their medical info card will NOT be allowed to run if the air quality reaches the Orange Level, however athletes will still be required to attend practice for a modified workout.

**Parent Volunteers & Donations:** Any support you can give to our team would be greatly appreciated and there are many ways you can get involved! We need parent support for setting up our team tent at away meets and 10 -12 parents to help with home meets. Please return the attached Volunteer sign-up sheet if you are able to get involved this season.

**Meet Schedule:** Estimated Race Times: 5<sup>th</sup>/6<sup>th</sup> girls – 2:30; 5<sup>th</sup>/6<sup>th</sup> boys – 2:45; 4<sup>th</sup> girls – 3:00; 4<sup>th</sup> boys – 3:15

September 9 <sup>th</sup>	September 16 <sup>th</sup>	September 23 <sup>rd</sup>	September 30 <sup>th</sup>	October 7 <sup>th</sup>	October 14 <sup>th</sup>	October 21 <sup>st</sup>	October 27 <sup>th</sup>
Area Meet @ CN 3 p.m	RV@CH home	CH@BR away	MV@CH home	CH@LIN away	FUG@CH home	CH@RV away	District Meet

We will travel by bus on away game days and return to Copper Hills at approximately 4:15.

**Meet Sign Out:** Cross Country is a Team sport and ALL athletes will be required to stay for the entire meet (both home and away) to support their Team. If an athlete must leave the meet early, notify Coach Cords 24 hours prior to the meet. Athletes riding home from an away meet with a parent or other authorized individual must have a signed release on file and be signed out with the Head Coach. Phone calls are not accepted. The sign-out clip board will be available after ALL races are completed. Athletes that fail to be signed out from an away meet may not be allowed to participate in future meets.

## **Important Dates:**

- Thursday, Sept. 8<sup>th</sup> – CH Ice Cream Social @ 5:00 – 8:00 p.m. (team is introduced)
- Friday, Sept. 9<sup>th</sup> - Clovis North Area Meet @ 3:00 p.m. at Clovis North – all athletes
- Broncomania @ Clovis North – (more info to follow later)
- Thursday, Oct. 27<sup>th</sup> – XC Championships (qualified athletes only – more info later)
- Friday, November 4<sup>th</sup> – Fall Sports Awards

Thank you for your support! We are looking forward to an amazing season with our Copper Hills Miners!

