

# 2020 Clawson Cross Country

## **Coach:**

Dave Thomson

email: dthomson.math@gmail.com

cell: 248-376-9317

Running is a great sport. There is very little equipment needed and you can do it your entire life. It rewards perseverance and discipline. Runners are part of a community in a sport enjoyed by billions. The Clawson cross country team is building a running program. Athletes will learn to train, compete and enjoy the sport.

## **Practices:**

Our first practice is on Wednesday August 12<sup>th</sup>. Practices will be from 3:15-4:45.

## **Attendance:**

It is important to be at practice. Weeks are planned with a 6 day run load, and your presence makes the practices more enjoyable for your teammate.

If you must miss a practice you need to email or text Coach Thomson your excuse.

**Do not leave a practice early without first checking out with Coach Thomson.**

A team must have 5 runners finish a race to receive a team score. We are a small program. Your contribution is important. You will be missed if you are not at a meet. Let Coach Thomson know, as early as possible, of any meets that you cannot make.

## **Communication:**

I will be using remind to communicate with the team this year. You can sign up to get these emails or texts by texting the message "@clawsoncc" to 81010,

or going to <https://www.remind.com/join/clawsoncc>

The district's athletic website this year. Check out <https://clawsontrojans.org> for more updates.

## **Academics:**

Cross Country is an extension of the school program. You are expected to excel in your coursework. If you are struggling in a class be proactive. Talk to your teacher and Coach Thomson before grade checks come out.

## **Varsity Letter:**

To earn your varsity letter, you may not have more than 2 unexcused absence, and you must be one of the top 7 Clawson runners in at least 2 races.

## **Transportation:**

There is a camaraderie that comes from riding the bus, but if you cannot ride with the team, then you will need to complete a transportation waiver. Transportation waivers can be found under the Trojan HQ tab at [clawsonathletics.com](http://clawsonathletics.com)

Saturday and Sunday practices may be at off-site locations (i.e. Clinton River Trail, or Civic Center Park). If you cannot make it to these locations, let coach Thomson know. Your absence will be excused and you can run the workout on your own.

# 2020 Clawson Cross Country Schedule

Date	Race	Times
TBD	Meet-the-Coach: <b>High School</b> Fall Sports Meeting	7:30 pm High School Auditorium
8/25	Clawson Watermelon Early Invite @ Clawson City Park	Boys: 5:00 Girls: 5:30
TBD	H.S. Picture Day (after practice)	
	Footgolf at Red Oaks Golf Course	9:00 am
8/29	Centerline Early Bird Invite @ Centerline HS	Boys 4:15 Girls 4:45
9/12	Algonac Muskrat Invitational	MS Boys: 9:00 MS Girls: 9:15 HS Boys: 10:00 HS Girls: 11:00
9/15	MAC Blue Jamboree @ Marysville (HS only)	Boys: 4:45 Girls: 5:15
9/26	Old Skool Classic @ Wolcott Mill Metro Park MS run 2 miles High School runs 5k High School runners run with their grades.	MS Girls: 8:40 MS Boys: 9:00 9 <sup>th</sup> Grade Girls: 9:20 9 <sup>th</sup> Grade Boys: 9:40 10 <sup>th</sup> Grade Girls: 10:00 10 <sup>th</sup> Grade Boys: 10:20 11 <sup>th</sup> Grade Girls: 10:40 11 <sup>th</sup> Grade Boys: 11:00 12 <sup>th</sup> Grade Girls: 11:20 12 <sup>th</sup> Grade Boys: 11:40
9/29	MAC Blue Championship #2 @ Lake St. Claire Metro Park (HS Only)	Boys: 4:45 Girls: 5:15
10/9	Oakland County @ Kensington Metro Park (MS Only)	Boys: 4:00 Girls: 4:30
10/10	Oakland County @ Kensington Metro Park (HS Only)	Boys: 10:00 Girls: 10:30
10/17	Garbriel Richard Invitational @ Hudson Mills Metropark (HS Only)	Boys: 8:45 Girls: 9:30
10/20	Eastside Invitational @ Stoney Creek Metro Park (MS Only)	Boys: 4:40 Girls: 5:00
10/22	MAC Championship @ Lake St. Clair Metro Park (HS Only)	
10/28	Pumpkin Invitational @ Lake Orion High School (MS Only)	Boys: 4:00 Girls: 4:30
10/31	Regional Championship (HS Only)	Boys: Girls:
11/7	State Meet (HS Only)	Boys: Girls:

Maps and more information about these meets can be found searching for Clawson at Athletic.net or typing in this address: <https://www.athletic.net/CrossCountry/School.aspx?SchoolID=13226>