

Cross Country Meeting – Thursday, 2/16

## GOALS: 1) MAKE THE STATE MEET 2) 5 RUNNERS ACHIEVE ALL DISTRICT 3) CONTINUE TO REACH PR'S

Sign-up to get emails – <https://sites.google.com/site/pioneerxctandf/home/cross-country-page>

Use this website for minor details, run locations, all information on patriotpioneer.org will be on here. This has a few features that the school athletic site doesn't.

Things for next year

- website
- Time standards
  - o Wednesday meets, 2-mile time trial – 18:30 (Girls) 16:00 Boys
  - o Saturday meets, 16:00 (27:00 5K) Girls, 14:00 (24:30, 5K) boys
- Manhattan Invitational – Top 12 each side.

Camp – Let me know if you plan on attending one of these camps.

- High Performance Distance Academy,  
<http://www.runaboutsports.com/overview.html> – July 9-14 (team discount for this one), July 23-28
- Blue Ridge Running, [www.blueridgerunningcamp.com](http://www.blueridgerunningcamp.com), dates TBD
- Our own camp – July 16 – 20 for elementary kids only.

Practice Schedule (tentative, probably will change depending on lifting schedule.)

M, T, R, Sa (morning)  
630pm

New Captains (4 on each side)

Girls – Kenzie, Michaela, Courtney, ?  
Boys – Sam (leaving), Kevin, Chris, Nick, ?

Summer Things

- Our Cross Country Camp?
- Run locations
  - o Bristoe Station
  - o Nokesville Park
  - o Battlefield
    - Featherbed

Physicals – Get them planned. They **cannot be done before May 15<sup>th</sup>!**

Concussion Training - ?

Weightroom – If the weightroom is open over the summer, we will have morning practices

\*\*Evening Meeting May 21<sup>st</sup> at 630 in the auditorium\*\*