

October PRACTICE SCHEDULE

2019 Riverside Rams Cross Country

Please note that locations and times are subject to change. If a change occurs the team will be notified (email blasts, remind text). If weather (rain, heat, thunder/lightening) occurs please do not assume practice is canceled.

If you will not be able to attend practice, you must notify Coach DeGaetano and complete a running log while you are absent. Running logs can be found on the team page under team files. If you will be absent in addition to completing a running log, you will need to complete a days off slip, which can be found on the team page. The days off slip should be completed and turned in prior to you leaving. Please do not just tell the coaches that you will be absent during practice. Please note that athletes are allowed 3 unexcused absences. All athletes should review the attendance policy.

Following the conclusion of the last in season meet, varsity runners will continue to practice for the post season and all other athletes that would like to continue to train are more than welcome to practice.

Mark your calendar, our Team Banquet will be Tuesday October 29th.

All runners need:

- Dressed to run
- Water bottle
- Watch with stop watch feature
- Light weights (2lbs- 10lbs)

Tuesday, October 1st

AM Practice

Wednesday, October 2nd

Meet

Thursday, October 3rd

Distance Run

Friday, October 4th

AM Practice

Saturday, October 5th

Run on your own

Sunday, October 6th

Rest Day/Crosstrain

Monday, October 7th

Oatlands – Speed Run

Tuesday, October 8th

AM Practice

Wednesday, October 9th

Hill Run

Yoga

Thursday, October 10th

Distance Run

Friday, October 11th

AM Practice

Saturday, October 12th

Location: TBD

Sunday, October 13th

Rest Day/Crosstrain

Monday, October 14th

Location: TBD

Tuesday, October 15th

Oatlands – Speed Run

Wednesday, October 16th

Distance Run

Thursday, October 17th

Speed Run

Friday, October 18th

AM Practice

Yoga

Saturday, October 19th

Meet

Sunday, October 20th

Rest Day/Crosstrain

Monday, October 21st

Oatlands

Tuesday, October 22nd

AM Practice

Wednesday, October 23rd

Halloween Run

Thursday, October 24th

PM Practice (Varsity)

Friday, October 25th

AM Practice

Saturday, October 26th

TBD

Sunday, October 27th

Rest Day/Crosstrain

Monday, October 28th

Oatlands – Varsity Only

Tuesday, October 29th

AM Practice – Varsity Only

Team Banquet @ 6pm

Wednesday, October 30th

PM Practice - Varsity Only

Thursday, October 31st

PM Practice - Varsity Only