



2019 – Boys & Girls Cross Country | Division 1 | Region 8 | MAC Blue

Contact Information

- Boys/Girls Head Coach: Brad Jablonski | Cell 313.676.2191
- Boys/Girls Assistant Coach: Jeff Kaferle | Cell 586.995.0321
- email: wwtxccoach@yahoo.com
- Website: <http://warrenwoodstowercrosscountry.shutterfly.com/>
- Twitter: <https://twitter.com/TowerXC>
- Remind Text: Text @wwthsc to the 81010 to sign up (Download the App)

Participation

1. Register at [Warren Woods Tower Online Registration Parent Portal](#)
2. Runner must be eligible according to MHSAA & WWT rules and regulations.
3. Runner must have a physical on file at WWT Athletics Department dated after April 1, 2019
4. Athletes are expected to abide by school, state, meet and team rules governing participation, eligibility, conduct, etc., at all times. This includes the school day, practice sessions; travel to and from meets, and participation at meets. Misbehavior or disrespect towards the faculty will not be tolerated and will include a suspension of at least one meet.
5. Other activities: I need to know of any other activities (sports, school clubs, etc.) that takes place during cross country season that may affect participation in Cross Country practice or meets. Activities that occur every week during practice time will prevent participation in Cross Country. Outside coaching during Cross Country season is prohibited.
6. Must turn in a signed copy of parent/student contract found in the **WWTHS CC Handbook**.

Preseason Dates:

June 1 through Aug 11 Summer Run Program. See handout for details.
July 8 through July 31 (4 days a week: Mon, Tues, Thurs, Fri) Meet at HS
July 8 through July 12 times: 3:30PM to 5 - Assessment week w/staff
July 15 through July 31 times: 8AM to 9:30 - Team Captain lead
July 10, 17, 24, and 31 we meet at Spindler Park Hill for an optional hill workout at 6:30PM
Aug 1 through Aug 11 is an MHSAA Dead Zone – Athletes can run but w/o coaching staff

XC Season: Mandatory

Aug 12 through Aug 16 Cross Camp (D-Bar-A Scout Ranch – approximated cost \$130)
Preseason is a requirement for attending camp.
Athletes not attending camp will meet at the HS for schedule workouts
Aug 19 through Nov 2 (5 days a week) 3:15PM stretching & warmup, 3:30 team run, 4:30/5 return to HS
(Offsite and long runs may take extra time)

Proposed Cross Schedule as of 2/10/2019:

Friday, Aug 23	James Cleverley Friday Night Invite – Anchor Bay (BUS)
Friday, Aug 30	TBD: Team Scrimmage and family picnic – Stony Creek (BUS/PP)
Saturday, Sept 7	Algonac Muskrat Classic – Algonac HS (NO BUS/PP)
Tuesday, Sept 10	MAC Jamboree #1 – Marysville Park (BUS)
Saturday, Sept 14	Autumn Classic (Place is TBD) – (NO BUS)
Saturday, Sept 21	Old Skool Classic – Romeo HS (NO BUS)
Tuesday, Sept 24	MAC Jamboree #2 – Metro Beach (BUS/PP)
Friday, Sept 27	Hansons Invitational – Stony Creek, Eastwood Beach (BUS/PP)
Thursday, Oct 3	TDB: CC Marysville Invite - MS & HS (BUS)
Saturday, Oct 5	Macomb County – Stony Creek – Bay Point Beach (NO BUS/PP)
Thursday, Oct 17	Blue Division Meet – Metro Beach (BUS/PP)
Friday, Oct 25	Regional Meet – Metro Beach (BUS/PP)
Tuesday, Oct 29	Last Chance Challenge – Warren Mott HS (BUS/PP)
Saturday, Nov 2	State Meet – MIS (NO BUS)