

Upcoming Events for the 2016-17 Cross Country Season

XC is a sport that incorporates grades 7-12. All athletes will run and practice together. All athletes run meets at the same venue during the season and on the same night. ALL FUNDRAISERS and Booster Contributions are distributed to **ALL XC** athletes equally.

Coach Jones's Webpage: mrskellyjones.weebly.com

Month of June:

Mondays & Wednesdays

- Open Weight Lifting (not mandatory but recommended): 8:30-9:30 am. **Many of the athletes run from 8-8:30 before they lift.**

All Class Reunion:

- PLEASE TAKE A LOOK AT THE VOLUNTEER/DONATION [SITE](#) IN REGARDS TO OUR XC TENT AT THE ALL CLASS REUNION ON Saturday, July 2nd.
- Volunteer/Donation site: <https://www.volunteersignup.org/BB3LL>
- If you are out of town and would need to drop of donations, **please contact me through the Remind 101 texting and I will give you Tracy Barber's cell number so that you can make arrangements with her to drop the items off to her.**

MONTH OF JULY:

July 1st: 100 Mile Club begins:

It is very important for athletes to have "miles" under their belt before August. It assists in training as well as decreases the end of the season fatigue. As a result, our Booster Club has generously agreed to Sponsor **100 Mile Club for XC athletes AND their immediate family members.** Each participating member must print a Log Sheet from **my webpage** under the 100 Mile Club icon, then record all runs during the month of July. On August 1st, any XC athlete and immediate family member will turn in their records. The Booster Club will award all who complete the 100 mile month with a **100 Mile Club T-Shirt.**

July 2nd: Steak Hoagie Stand @ BL All Class Reunion 7am-8pm

Please contribute if possible. Thank you in advance:)))

July 11th: (Monday) Daily Open Runs Begin:

These open runs will be 6:30-7:30 am Monday through Friday. I will pass out a tentative venue schedule at the end of June during weight lifting. I will also announce them via Remind (texting app that I use). I will NOT post them on facebook or my webpage because I like to keep them as private as possible since we do run in public places. Many of these open runs consist of running at: Beaver Creek State Park; Beaver Creek Soccer Fields; Lake Tomahawk; BL School; Thompson Park; etc.

July 31st: 100 Mile Club ends

MONTH OF AUGUST

August 1st: Mandatory Practices Begin:

- **Every day: Monday - Friday 6:30-7:30 am**
- Must have physical completed and turned into the school by August 1st.
- All athletes are expected to be at practice each day beginning August 1st. Athletes that are competing in 2 sports, must attend all practices and events for XC unless the specific times conflict with the #1 sport. (Best to make sure that the athlete speaks with me so that we are on the same page).

August 15th: 2nd Annual Run-A-Thon:

- This is a fundraiser event that takes place in the evening on Monday 15th (in place of practice). It is a **mandatory practice & will serve as our mandatory parent/athlete OHSAA MEETING** for each of the athletes and we use it to have a pre-season picnic for the athletes and their families at Lake Tomahawk. We use the pavilion and there is the beach, basketball, sand volleyball, horseshoe pits, and a playground for the use of the families. Each family is asked to bring a covered dish and the Booster Club supplies the hamburger and hotdogs. More information to follow.

Saturday August 27th: First XC Meet @ Salem

Sunday August 28th: Walmart Tag Day