

HARRISBURG CROSS COUNTRY 2018

SPECIAL WELCOME TO ALL 5TH GRADERS BECOMING 6TH GRADERS IN THE FALL!

COACHES

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Feel free to contact me anytime with questions or if you want to get started!

SIGN-UP

Go to our Website: harrisburgcrosscountry.shutterfly.com

Password: CC

Use the link to the Google form to sign-up on the website so we can contact you for runs, activities, and practice updates!

Or carefully type in the link below.

<https://docs.google.com/forms/d/1YfHVWkQWZ1nEDIL0xlOXYGUhep836LWoONkq1ol2doo/edit>

OUR PROGRAM

We pride ourselves on running a successful program open to anyone who wants to participate and become a more fit athlete. We try to create a fun and competitive environment that emphasizes the team aspect of the sport. This approach has led to the success of our program but also creates a life long love and appreciation for running.

IMPORTANT STUFF FOR SUMMER

1. Summer Running Plan – Month by month uploaded on harrisburgcrosscountry.shutterfly.com Password: CC
2. Team/group running – I strongly encourage getting together as a team to run this summer. We will be contacting you via text as well as posting on the website for

meeting times and places! One HS group will be meeting at 7:30 pm in SF or Harrisburg (location TBD via group message).

- a. Summer Workouts are posted on the right column of the website on a spreadsheet. High mileage group for experienced runners, lower mileage group of younger runners.
 - b. If you can gather people together, send out a message and meet up! Even if it isn't everyday, running together is a great motivator!
3. Fall Sports Meeting is Sunday, August 5th at 6:30 in the PAC for 9th-12th Graders in Cross Country. August 12th for 6th-8th Graders.
 - a. If you are unable to attend the 12th, feel free to come to the meeting on the 5th at the HS.

IMPORTANT STUFF FOR FALL

1. You must have a physical on file with the school before practice begins.
2. You must complete the online registration. <https://harrisburghs-oar.schooltoday.com/> for the school
3. Concussion testing: All athletes who will be 7th and 10th graders must have completed the concussion testing with the school district prior to the 1st practice.
4. FIRST PRACTICE: Monday, August 13th for incoming 7-12th grade students.
5. Thursday, August 23rd will be the first day for 6th graders (first day of school).
6. Race length is 5k for Varsity, 4k for JV, 2 or 3k for most MS meets.
7. Once school starts, we will transport MS kids via shuttle bus to the HS one day per week and practice as a full team, all other days will be held at athletes' home school.
8. Normally done about 5:00 for pickup as a general rule.
9. Detailed practice schedule and times and more will be available at the end of the summer Fall Sports Meeting at HHS on SUNDAY, AUGUST 5th for ALL 9-12 RUNNERS, August 12th for 6-8.