**CROSS COUNTRY JULY/AUGUST 2022 PRACTICE SCHEDULE**

**WEEK 1: July 27**

 27-Wednesday Collect physical forms, and emergency care cards.

Pass out meet schedules and other paperwork. Issue lockers and equipment. The runners should report at the following times.

 7:30 a.m. – Seniors and Returning Varsity Letterman

 8:00 a.m. – Juniors & Sophomores

 8:30 a.m.—Review of team expectations, rules, policies, etc.

 Pass Out Fundraising Information

9:30 a.m. -Incoming 9th Graders & Murchison M. S. Students

 Cross Country Orientation/No Practice

 Pass Out Fundraising Information

 7th & 8th Grade Murchison Runners Summer Camp

**WEEK 2: August 1 - August 6**

 **Practice: 6:45- 9:00 a.m. @ Zilker Park)**

01-Monday Informal Run @ Zilker Park from 6:45 a.m. – 8:45 a.m.

 Information & Directions TBA

 Collect Late Physicals & Paperwork

 7th & 8th Grade Murchison Runners Summer Camp

02-Tuesday Practice begins 6:45 a.m. – 8:45 a.m. @ Zilker Park

 Varsity, Junior Varsity, and 9th Grade (Boys & Girls)

 7th & 8th Grade Murchison Runners Summer Camp

03-Wednesday Practice begins 6:45 a.m. – 8:45 a.m. @ Zilker Park

 Varsity, Junior Varsity, and 9th Grade (Boys & Girls)

 7th & 8th Grade Murchison Runners Summer Camp

04-Thursday Practice begins 6:45 a.m. – 8:45 a.m. @ Zilker Park

 Varsity, Junior Varsity, and 9th Grade (Boys & Girls)

 7th & 8th Grade Murchison Runners Summer Camp

**Anderson XC Parent Meeting @ Westover Church of Christ**

**@ 6:30 p.m. All Anderson Parents Invited To Meet the Coaches.**

05-Friday Practice begins 6:45 a.m. – 8:45 a.m. @ Zilker Park

 Varsity, Junior Varsity, and 9th Grade (Boys & Girls)

 7th & 8th Grade Murchison Runners Summer Camp

06-Saturday **Anderson XC Donation Blitz from 8:30 a.m. -1:00 p.m. Meet @ Anderson Gym** **For instructions and information. Neighborhood Donation Drive.**

**Week 3: August 8 - August 12**

 **Practice: 6:45- 9:00 a.m. @ Zilker Park\_**

08-Monday Practice begins 6:45 a.m. – 8:45 a.m. @ Zilker Park

 Varsity, Junior Varsity, and 9th Grade (Boys & Girls)

 7th & 8th Grade Murchison Runners Summer Camp

09-Tuesday Practice begins 6:45 a.m. – 8:45 a.m. @ Zilker Park

 Varsity, Junior Varsity, and 9th Grade (Boys & Girls)

 7th & 8th Grade Murchison Runners Summer Camp

10-Wednesday Practice begins 6:45 a.m. – 8:45 a.m. @ Zilker Park

 Varsity, Junior Varsity, and 9th Grade (Boys & Girls)

 7th & 8th Grade Murchison Runners SummerCamp

11-Thursday Practice begins 6:45 a.m. – 8:45 a.m. @ Zilker Park

 Varsity, Junior Varsity, and 9th Grade (Boys & Girls)

 7th & 8th Grade Murchison Runners SummerCamp

12-Friday Practice begins 6:45 a.m. – 8:45 a.m. @ Zilker Park

 Varsity, Junior Varsity, and 9th Grade (Boys & Girls)

 **7th & 8th Grade Murchison Runners Summer Camp/Last Day of Camp**

**Issue Equipment & Uniforms at the End of Practice @ Anderson**

 **(See Schedule Below)**

**10:45 A.M.-Varsity Runners & Returning 3rd & 4th Year Seniors**

 **11:15 A.M.-Junior Varsity Runners-Juniors & Sophomores**

**11:45 A.M.-9th Grade Runners**

**Week 4: August 15 - August 19**

15-Monday Practice: 6:30 – 8:00 a.m. @ Anderson H. S.

 **1st Day of School**

16-Tuesday Practice: 6:30 – 8:00 a.m. @ Anderson H. S.

17-Wednesday Practice: 6:30 – 8:00 a.m. @ Anderson H. S.

18-Thursday Practice: 6:30 – 8:00 a.m. @ Anderson H. S.

 Team Meeting, Practice & Preparation for Temple Meet

 Lunch Orders Taken/Chick-Fil-A

Issue Remaining Equipment & Uniforms

19- Friday **Cross Country Meet @ Temple, Texas**

22-25, Mon-Thu Practice: 6:30 – 8:00 a.m. @ Anderson H. S.

26-Friday **Cross Country Meet @ Vista Ridge High School**

**\*\*Please call Coach Sanford @ 512-426-9390 if there are any questions.**