**CROSS COUNTRY JULY/AUGUST 2021 PRACTICE SCHEDULE**

**Revised 7/22/2021**

**WEEK 1: July 26-29**

26-29-M-W XC Coaches Meeting & Work Days

 29-Thursday 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.

 7:00 a.m. – Seniors and Returning Varsity Letterman

 7:15 a.m. – Juniors & Sophomores

 7:30 a.m. -- Incoming 9th Graders

8:00 a.m. Review of team expectations, rules, policies, etc.

 Pass Out Fundraising Information

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 10:00 a.m. -Murchison Middle School Students

 Cross Country Orientation/No Practice

 Pass Out Fundraising Information

 7th & 8th Grade Murchison Runners Summer Camp

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

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

02-Monday Informal Run @ Zilker Park from 6:45 a.m. -9:00 a.m.

 Information & Directions TBA

 Collect Physicals & Paperwork

 7th & 8th Grade Murchison Runners Summer Camp

03-Tuesday Practice begins 6:45 a.m. – 9:00 a.m. @ Zilker Park

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

 7th & 8th Grade Murchison Runners Summer Camp

04-Wednesday Practice begins 6:45 a.m. – 9:00 a.m. @ Zilker Park

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

 7th & 8th Grade Murchison Runners Summer Camp

05-Thursday Practice begins 6:45 a.m. – 9:00 a.m. @ Zilker Park

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

 7th & 8th Grade Murchison Runners Summer Camp

06-Friday Practice begins 6:45 a.m. – 9:00 a.m. @ Zilker Park

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

 7th & 8th Grade Murchison Runners Summer Camp

07-Saturday **Anderson XC Donation Blitz from 8:00-1:00. Meet @ Anderson Gym**

 **For instructions and information. Neighborhood Donation Drive.**

**Week 3: August 9 - August 13**

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

09-Monday Practice begins 6:45 a.m. – 9:00 a.m. @ Zilker Park

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

 7th & 8th Grade Murchison Runners Summer Camp

10-Tuesday Practice begins 6:45 a.m. – 9:00 a.m. @ Zilker Park

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

 7th & 8th Grade Murchison Runners Summer Camp

11-Wednesday Practice begins 6:45 a.m. – 9:00 a.m. @ Zilker Park

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

 7th & 8th Grade Murchison Runners SummerCamp

12-Thursday Practice begins 6:45 a.m. – 9:00 a.m. @ Zilker Park

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

 7th & 8th Grade Murchison Runners SummerCamp

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

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

13-Friday **Time Trial Run @ Zilker Park-Anderson, St. Andrews and Austin High**

Practice/Warm-ups begin 7:00 a.m. @ Zilker Park

Time Trials Begin @ 8:00 a.m. for high school divisions followed by MS

More information to follow as we receive it from St. Andrews

 Varsity, Junior Varsity, 9th Grade & 7th & 8th Grade (Boys & Girls)

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

**Week 4: August 16 - August 20**

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

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

 **(See Schedule Below)**

 **8:30 A.M.-Varsity Runners & Returning 3rd & 4th Year Seniors**

 **9:00 A.M.-Junior Varsity Runners-Juniors & Sophomores**

 **9:30 A.M.-9th Grade Runners**

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

 **1st Day of School**

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

19-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**

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

Lunch Orders Taken/Chick-Fil-A

 **Temple XC Meet @Temple, Texas**

 **Bus Departs @ 4:45 A.M.**

 **Meet Begins @ 7:30 A.M.**

23-27, Mon-Fri Practice: 6:30 – 8:00 a.m. @ Anderson H. S.

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