

CROSS COUNTRY OFF-SEASON PRACTICE SCHEDULE 0-HOUR CLASS -FALL 2019

The following cross country off-season practice schedule is below. Practice will be from 6:30 a.m. – 8:00 a.m. **This includes late start days.** All students who are in the cross country class must report during these days to receive a grade in the class. The class will meet every Tuesday, Wednesday and Thursday of each week excluding holidays. Attendance will be taken. We will meet in the small gym if it rains.

Runners who qualifies for regionals will have practice on Monday, October 21st.
There will be no practice for all other runners until Tuesday, November 5th at 6:30 a.m.

October:

16-Wednesday	(PSAT- Grades 10-11 & Fitnessgram Testing for Grades 9)
17-Thursday	(Cross Country Runners Turn In Equipment From 7:30-8:45 A.M.)
18-Friday	(No Practice-All Cross Country Runners)
21 -31	(Practice for Regional Qualifiers. No Practice for All Other Runners. Tutorials)

November:

5 -Tuesday	(1 st day of Fall Off-Season Work-Outs)
6 -Wednesday	
7 -Thursday	(Meals On Wheels Contributions Begin)

12 -Tuesday
13 -Wednesday
14 -Thursday

19 -Tuesday	(Blue Santa Toy Drive Begins)
20 -Wednesday	
21 -Thursday	
25 - 29	(Thanksgiving Break/No School)

December:

3 -Tuesday	
4 -Wednesday	
5 -Thursday	(Late Start Day)
10-Tuesday	
11-Wednesday	(Last Day of Fall Off-Season)

Reminder: All runners need to turn in all cross country equipment. This includes your bag, cross country uniforms, all blue and white practice shirts, and black, blue or gray warm-ups (top & bottom.)

Finals are from December 16th – December 19th.

January: Spring Off-Season Cross and Track Season Practice Begins on January 14th
Please call Coach Sanford 512-426-9390 if there are any questions.

Thank you,
Coach Sanford