

CROSS COUNTRY JULY/AUGUST 2019 PRACTICE SCHEDULE

Revised June 28, 2019

WEEK 1: July 29 - August 2

29- Monday: Cross Country Coaches Meeting Only (9:00-1:00)

30- Tuesday: Collect physical forms, steroid forms, and emergency care cards.
Pass out meet schedules and other paperwork. Issue lockers and Equipment. The runners should report at the following times.

6:30 a.m. – Seniors and Returning Varsity Letterman

7:00 a.m. – Juniors & Sophomores

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

Pass out Distance for Dollars Information

Practice for Sr's, Jr's, and Sophomores. Short Tempo Run.

10:00 a.m. – Incoming 9th Graders & Murchison Middle School Students

Cross Country Orientation/No Practice

Pass out Distance for Dollars Information

7th & 8th Grade Murchison Runners Summer Camp

31- Wednesday: 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

1- 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

2- 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

3-Saturday Anderson XC Donation Blitz from 8:30-12:00. Meet @ Anderson Gym
For instructions and information. Neighborhood Donation Drive.

Week 2: August 5-9

5-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

6-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

7-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

Swimming @ Barton Springs Pool after Practice
9:00 a.m. – 10.30 a.m. All Runners.

8-Thursday **Practice: 6:45- 9:00 a.m. @ Anderson H. S. (See Site Change)**
Issue Equipment & Uniforms at the End of Practice
7th & 8th Grade Murchison Runners Summer Camp/Last Day of Camp

9-Friday **No Practice. Issue Equipment (See Schedule Below)**
7:00 A.M.-Varsity Runners & Returning 3rd & 4th Year Seniors
8:00 A.M.-Junior Varsity Runners-Juniors & Sophomores
9:00 A.M.-9th Grade Runners

Week 3: August 12-16

12-Monday Practice: 6:45 – 8:30 a.m. @ Anderson H. S.

13-Tuesday Practice: 6:45 – 8:30 a.m. @ Anderson H. S.

14-Wednesday Practice: 6:45 – 9:30 a.m. @ Anderson H. S.

XC Parent Meeting @ Westover Church of Christ
@ 6:30 p.m. All Parents Invited To Meet the Coaches.

15-Thursday Practice: 6:45 – 9:30 a.m. @ Anderson H. S.
Team Meeting, Practice & Preparation for Temple Meet
Lunch Orders Taken/Chick-Fil-A
Issue Remaining Equipment & Uniforms

16-Friday Cross Country Meet @ Temple, Texas
Lunch Orders Taken/Chick-Fil-A
Temple XC Meet In Temple, Texas

19-22, Mon-Fri Practice: 6:45 – 8:30 a.m. @ Anderson H. S.

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