



CROSS COUNTRY JULY/AUGUST 2023 PRACTICE SCHEDULE

WEEK 1: July 31 - August 4

31 - Monday 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.

8:00 AM

Seniors, Juniors, and Sophomores

8:30 AM

Review of team expectations, rules, policies, etc.
Pass Out Fundraising Information

9:15 AM

Incoming 9th Graders & Murchison M. S. Students
Cross Country Orientation/No Practice
Pass Out Fundraising Information
7th & 8th Grade Murchison Runners Summer Camp

01 - Tuesday Informal Run @ Zilker Park from **6:45 AM – 8:25 AM**
Information & Directions TBA
Collect Late Physicals & Paperwork
7th & 8th Grade Murchison Runners Summer Camp

02 - Wednesday Practice begins **6:45 AM – 8:25 AM** @ Zilker Park
Varsity, Junior Varsity, and 9th Grade (Boys & Girls)
7th & 8th Grade Murchison Runners Summer Camp

03 - Thursday Practice begins **6:45 AM – 8:25 AM** @ Zilker Park
Varsity, Junior Varsity, and 9th Grade (Boys & Girls)
7th & 8th Grade Murchison Runners Summer Camp

04 - Friday Practice begins **6:45 AM – 8:25 AM** @ Zilker Park
Varsity, Junior Varsity, and 9th Grade (Boys & Girls)
7th & 8th Grade Murchison Runners Summer Camp



WEEK 2: August 7 - August 11

Anderson XC Parent Meeting This Week

Meet the Coaches

Location and Time TBD

- 07 - Monday** Practice begins **6:45 AM – 8:25 AM** @ Zilker Park Varsity, Junior Varsity, and 9th Grade (Boys & Girls)
7th & 8th Grade Murchison Runners Summer Camp
- 08 - Tuesday** Practice begins **6:45 AM – 8:25 AM** @ Zilker Park Varsity, Junior Varsity, and 9th Grade (Boys & Girls)
7th & 8th Grade Murchison Runners Summer Camp
- 09 - Wednesday** Practice begins **6:45 AM – 8:25 AM** @ Zilker Park Varsity, Junior Varsity, and 9th Grade (Boys & Girls)
7th & 8th Grade Murchison Runners Summer Camp
- 10 - Thursday** Practice begins **6:45 AM – 8:25 AM** @ Zilker Park Varsity, Junior Varsity, and 9th Grade (Boys & Girls)
7th & 8th Grade Murchison Runners Summer Camp
- 11 - Friday** Practice begins **6:45 AM – 8:25 AM** @ Zilker Park Varsity, Junior Varsity, and 9th Grade (Boys & Girls)
7th & 8th Grade Murchison Runners Summer Camp
Last Day of Camp

Equipment & Uniforms Issued at Anderson

Schedule

10:30 AM - Varsity Runners & Returning 3rd & 4th Year Seniors

10:45 AM - Junior Varsity Runners-Juniors & Sophomores

11:00 AM - 9th Grade Runners

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