

## 2022-23 Soaring Heights Cross Country

Head coach: Chelsea McBride (mcbride\_chelsea@svvvsd.org)

Practice schedule:

We will have practices **Monday – Thursday from 3:45 – 4:45** - we will meet for practice in the elementary gym. **Practice starts Monday, 8-29-22!**

Practice gear: Athletes need to be prepared to run every day at practice! They need to have good quality running shoes and appropriate running attire (shorts/sweats/running tights, exercise appropriate shirt, girls need to wear a sports bra). Layers are a good idea as the weather can quickly change - it is often much warmer in the afternoon than the morning when you get dressed.

\*Athletes are also encouraged to go for one run on their own, 15-25 minutes, during the weekend.

\*Open to grades 5-8 (\*5<sup>th</sup> grade will have an abbreviated season)

\*\*If there are any parents who would like to help with practices or meets please let me know – we can really use the assistance!

\*We will also need parents to volunteer to bring water, sports drinks, chocolate milk, and healthy snacks to meets! A signup form will be sent out soon.

\*Parents are responsible for making arrangements for transporting participants to and from the meets - the district does not provide transportation for meets.

\*Please register for cross country through the Soaring Heights Cross Country Club website ~ registration will be open through 8-31-22!

Remind - please download this app and join our group - this is where all communication will come through (handout with instructions linked on the SH Cross Country website)

Athletes will be issued a Soaring Heights cross country uniform to wear for meets.

You can also follow the team and season on Twitter: @SHxc\_trackfield

## 2022 Soaring Heights Middle School Cross Country Meet Schedule (Tentative)

<u>Date/Day</u>	<u>Meet</u>	<u>Site</u>	<u>Time</u>
Sept. 7 (Wed)	RE1-J Meet	Sunset Golf Course	4:30pm (B) 5:00pm (G)
Sept. 12 (Mon)	Twin Peaks Invite	Twin Peaks Classical Academy	3:30pm (B) 3:45pm (G)
Sept. 16 (Fri)	St. Vrain Invite	Lyons MS/HS	6:00pm (B) 6:30pm (G)
Sept. 23 (Fri)	Boulder Country Day Cross Country Inv.	Boulder Country Day School	4:00pm (B) 4:30pm (G)
Oct. 1 (Sat)	Mead Stampede CC Inv.	Mead HS	11:05am (B) 11:25am (G)
Oct. 8 (Sat)	Westview Wildcat Zoom Inv.	Westview MS	9:00am (B) 9:30am (G) 10:00am* 5th
Oct. 22 (Sat)	NOCO State Championships	Lyons MS/HS	9:00am (first race of 4)