

2023-24 Soaring Heights Cross Country

Head coach: Chelsea McBride (mcbride_chelsea@svvsd.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, 8-21-23!**

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. *A watch is not required but having a running watch is very helpful!

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

*Open to grades 5-8 (*5th 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. Prior to each meet I will ask whether or not your athlete will compete in each meet, since you will need to be available to transport them to and from the meet.

*Please register for cross country through the Soaring Heights Cross Country Club website ~ registration will be open through 8-28-23!

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

2023 Soaring Heights Middle School Cross Country Meet Schedule (Tentative)

<u>Date/Day</u>	<u>Meet</u>	<u>Site</u>	<u>Time</u>
Sept. 6 (Wed) <i>*6th-8th only</i>	RE1-J Meet	Niwot HS	4:30pm (G) 5:00pm (B)
Sept. 11 (Mon)	Twin Peaks Invite	Twin Peaks Classical Academy	3:30pm (B) 3:45pm (G)
Sept. 15 (Fri) <i>*6th-8th only</i>	St. Vrain Invite	Lyons MS/HS	6:00pm (B) 6:30pm (G)
Sept. 22 (Fri)	Longs Peak Invitational 2023	Estes Park Lake Estes 9-Hole Golf Course	5:30pm (G) 6:00pm (B)
Sept. 30 (Sat)	Mead Stampede CC Inv.	Mead HS	11:05am (B) 11:25am (G)
Oct. 7 (Sat)	Westview Wildcat Zoom Inv.	Westview MS	9:00am (B) 9:30am (G) <i>*10:00am (all 5th)</i>
Oct. 21 (Sat) 9:00am 9:30am 10:00am 10:30am <i>*6th - 8th only</i>	NOCO State Championships Boys Open (anyone can enter) Girls Open (anyone can enter) Boys Championship Boys Championship	Lyons MS/HS	