

2008 Summer Practice Schedule

CHAMPIONSHIPS ARE WON IN JUNE, JULY, AND AUGUST

It is extremely important that everyone attends practice during the summer. I understand sometimes you will be on vacation. I DO NOT EXPECT ANYONE TO SKIP VACATION FOR PRACTICE. Whenever you're going to be out of town, you need to check in with me, so I can keep track of your mileage. If you don't do all your running this summer, we won't be able to achieve our goals. So even when on vacation, you need to run some. Since it is always harder to run by yourself, if you are in town, you need to be at practice. We will follow this weekly schedule throughout the summer.

PRACTICE REQUIREMENTS ON THE BACK OF THIS PAGE.

Monday – Team Captain Run – Sawyer Hogan or Lan Vu will call you (normally LL Cons. @ 6:30pm)

Tuesday – Practice with Coach Knight – We'll meet by the BC Little League Concession Stand @ 7:00am

Wednesday – Practice with Coach Knight – We'll meet by the BC Little League Concession Stand @ 8:00am.

Thursday – Practice with Coach Knight – We will meet by the BC Little League Concession Stand @ 7:00am.

Friday – Team Captain Run – Sawyer Hogan or Lan Vu will call you (normally LL Cons. @ 8:00am)

**(Make sure you always go to the bathroom before practice.
Some places we run, don't have available bathrooms)**

This will be our schedule for the entire summer with only a few exceptions:

- During our Cross Country Camp, (Wednesday July 30 – Saturday August 2) we will practice everyday in the evening starting at 5:00pm. We'll help run camp, and then practice after camp. You'll hear more about it closer to the date.
- On some Mondays during the summer, we'll meet at 5:30pm at the track, and car pool to the Sea Rim Strider Summer Runs. Here is their schedule: (I left off the ones in Beaumont, because of gas, etc.)
 - June 9 – Northway Park – Orange
 - June 16 – Port Neches Park – PN
 - June 23 – Claiborne Park – Orange
 - July 7 – Northway Park – Orange
 - July 14 – Port Neches Park – PN
 - July 21 – Claiborne Park – Orange
 - Aug. 4 – Northway Park – Orange
 - Aug. 11 – Port Neches Park – PN
 - Aug. 18 – Claiborne Park – Orange
- During July I will begin meeting with you four days a week, and then during August I will meet with you five days a week. Sometimes practice locations may change, but you will be called if that happens.

Other Important Dates

- August 2 (Alumni Race) & August 14 (Tri Meet vs. Nederland and Barbers Hill) – These two races will decide who runs Varsity at the Dayton Invitational on August 23 (our first meet)
- August 27 – First Day of School (We will run in two practice races, and one official meet before school even starts)

The team captains and I will stay in touch with everyone this summer. If a practice location or anything else changes, we will let you know. Make sure you keep up with your phone number list.

**"THE WILL TO WIN MEANS NOTHING IF YOU HAVEN'T THE WILL TO PREPARE."
- JUMA IKANGAA, 1989 NYC WOMEN'S MARATHON WINNER**

BCHS CARDINAL CROSS COUNTRY **SUMMER REQUIREMENTS - 2008**

Cross Country is a very physically demanding sport. In order to succeed, you must prepare yourself during the summer. Two scrimmage meets (which are time trials to make Varsity), as well as an official meet take place before school even starts.

All student athletes that want to run Varsity Cross Country will be required to attend at least 55 workouts this summer. The way I have it set up (with some workouts counting double) this translates to coming for 8 weeks of practice before running in a meet. (You have 12 weeks to get in 8 weeks of running)

To run JV Cross Country you are required to attend at least 40 workouts this summer. (You have 13 weeks to get in 6 weeks of running). If you don't have at least 30 workouts, you will be removed from the class.

- I will hold twelve weeks of summer practice. Team captain runs will also count towards your total. You must be present for at least 55 workouts before you can run in a meet. If you do not complete 55 (or 40 for JV) workouts before school starts, you will not be able to run in a meet until you have 55 (or 40). If you do not have at least 30 workouts when school starts, you will not be in Cross Country.
 - Our once a week long run (normally Mon or Tues) counts as two workouts.
 - The following races count as two workouts
 - End of Summer Run last day of camp
 - Dual Meet vs. Nederland
 - You can also get up to 15 of your workouts from days you run on your own (Ex: when out of town, work gets in the way, etc.) If you need to make up some time, you may use these on Saturdays and Sundays.

WE HAVE A LOT OF PEOPLE COMING OUT FOR CC THIS YEAR. WE ARE GOING TO HAVE A VERY FUN, SUCCESSFUL YEAR. WORK HARD SO YOU CAN EARN A SPOT ON VARSITY.

"EVERY MORNING IN AFRICA A GAZELLE WAKES UP. IT KNOWS IT MUST RUN FASTER THAN THE FASTEST LION OR IT WILL NOT SURVIVE. EVERY MORNING A LION WAKES UP AND IT KNOWS IT MUST RUN FASTER THAN THE SLOWEST GAZELLE OR IT WILL STARVE. IT DOESN'T MATTER IF YOU ARE THE LION OR THE GAZELLE, WHEN THE SUN COMES UP, YOU BETTER BE RUNNING." - ROGER BANNISTER AFTER RUNNING THE FIRST EVER SUB FOUR MINUTE MILE