

# 2008 Summer Practice Schedule

## CHAMPIONSHIPS ARE WON IN JUNE, JULY, AND AUGUST

This is a copy of when the HS Cross Country teams will be practicing this summer. Remember that summer practice is purely optional for Middle School. You will not be punished in any way if you wait until school starts to begin practice, but our first meet is less than a week after school starts so you will much better prepared if you run during the summer. Bridge City has been the most dominant Cross Country program in SE Texas the past several years, and I am very excited about you being a part of this incredible tradition. Cross Country meets are a blast, and you are going to have tons of fun.

### JUNE

Monday – Run on your own.

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 – Run on your own.

### JULY

Monday – Run on your own

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

### AUGUST

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

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. You'll hear more about it closer to the date.
- On some Mondays during the summer, the HS meets at 5:30pm at the track, and car pools to the Sea Rim Strider Summer Runs. Here's their schedule: (I left off the ones in Beaumont, because of gas, etc.)

If your parent would like to bring you, you are more than welcome to attend these workouts.

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|-------------------------------------|-------------------------------------|
| ○ June 9 – Northway Park – Orange   | ○ July 21 – Claiborne Park – Orange |
| ○ June 16 – Port Neches Park – PN   | ○ Aug. 4 – Northway Park – Orange   |
| ○ June 23 – Claiborne Park – Orange | ○ Aug. 11 – Port Neches Park – PN   |
| ○ July 7 – Northway Park – Orange   | ○ Aug. 18 – Claiborne Park – Orange |
| ○ July 14 – Port Neches Park – PN   |                                     |

Other Important Dates

- August 27 – First Day of School (You will run in your first meet the following Saturday – August 30)

[www.cardinalcc.net](http://www.cardinalcc.net)

This is the home page for Bridge City Cross Country. Visit frequently for updates about practices, and other informations. Also, if you ever lose any paper that I give you, it will posted on this site.

If you, or your parents, ever have any questions about Cross Country, please call me @ 728-9380.

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

**“TO GIVE ANYTHING LESS THAN YOUR BEST, IS TO SACRIFICE THE GIFT.”  
- STEVE PREFONTAINE (FORMER AMERICAN RECORD HOLDER)**

**"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**