

# Cross Country is ON for the fall!



We invite all 3<sup>rd</sup> – 5<sup>th</sup> grade students to join us for the 2020 fall season! Anyone who wants to run is welcome, beginners, experienced runners, and everyone in between!

Runners work to compete in one-mile races through Memphis Youth Athletics' (MYA) Cross Country program (<http://www.memphisyouthathletics.org/home.html>).

## Practices

We aim to practice 2-3 times a week as a team. We understand that many runners have other commitments, so practice is not mandatory. However, runners should understand that the more they run, the more improvements they will see. We will provide workout suggestions for those who cannot make practice.

**Runners should always bring their own water bottles and face masks to practice and wear a pair of comfortable running shoes.** Because of the pandemic, we will not provide a large water cooler for the team to share.

The practice schedule is still being finalized. For now, starting August 15, practices will be:

Thursdays – 6:30-7:30 pm, Johnson Road Park

Saturdays – 8-9am, Dogwood Park (*as we near the first race, this location will change to Shelby Farms Park*)

*This practice schedule and locations is subject to change as we work to find locations that promote good training while allowing for social distancing.*

## Meets

All meets will be at Shelby Farms beginning the week of September 14.

GIRLS' meets will be Monday evenings (Sept 14, 21, 28, Oct 5, 12).

BOYS' meets will be Tuesday evenings (Sept 12, 22, 29, Oct 6, 13).

## Costs

The fee to run the MYA race series is \$40 per athlete. Additionally, each runner will need a team racing singlet to wear in races (price tbd, but should be no more than \$20). Additional *optional* clothing and gear will be available.

## COVID Considerations

We will follow all plans and guidelines set forth by MYA. Please keep in mind that MYA is remaining fluid as things change daily with regards to COVID guidelines. We will be flexible and make the best of the current situation.

**Parents, we can't do this without your help!** One critical way parents can contribute is by running (or biking) along with our runners during practice. Practice volunteers provide greater supervision of our runners on longer runs, allow for more defined pace groups, and help us focus on skill development. If you are available to help in this way, please let us know.

If you are interested in participating, please contact Kathryn Hickey at [kathrynhickey@yahoo.com](mailto:kathrynhickey@yahoo.com) or (704)277-8092. She and her husband, JP Hickey, will be coaching the team. We are excited for a great season!