

## Fall Schedule

8/28 NO MEET – PRACTICE IN AM  
9/4 Lebanon Invitational  
9/11 McGowan Invitational\*\*  
9/18 Galion and Alliance Invitationals  
9/25 Saturday Night Lights  
10/2 Paul Short and Fairmont Invitationals  
10/9 Centerville Stampede\* and \*\*\*\*  
10/16 GWOC @ Lebanon \*\*\*  
10/23 Districts\*\*  
10/30 Regionals  
11/6 State \*\*\*\*

\* Homecoming

\*\* ACT Test Dates

\*\*\* PSAT Test Dates (Juniors Mostly)

\*\*\*\* SAT Test Dates

## OFFICIAL PRACTICES & TRYOUTS

The first day of official practice is Monday, August 9<sup>th</sup>. Please plan for practices Monday thru Saturday. Practices will be scheduled for the AM. Please clear all schedules in the am until 12:00 PM until school starts.

Each athlete expecting to make the girls cross country team must attend the first three practices. During one of those practices the athlete must complete a four mile run in under 40:00 for returning runners and under 44:00 for first year runners.

## TEAM CAMP

The team goes away for 3-4 days for a team camp each year for what most girls say is the "best part of the whole season." The dates this year are Sunday, August 15<sup>th</sup> thru Wednesday August 18<sup>th</sup> or Thursday, August 19<sup>th</sup>. Much more information available on the team website.

## MILE CLUBS

Mile clubs will start on  
Monday, June 21<sup>st</sup>.

## CAPTAINS

Will be announced on the  
team website promptly on  
Tuesday, June 1 @ 7:00 AM.  
[www.centervillegirlsxc.com](http://www.centervillegirlsxc.com)

## SUMMER FUNDRAISERS

CAR WASHES

BAG GROCERIES @  
CUB FOODS

No dates have been set for June or July but will be posted on our team website as soon as possible.

*In order for these fundraisers to happen I am in need of parents to set opportunities up and then also be responsible for the full oversight of the fundraiser.*

## Summer Conditionings

Will take place in June, July, and August. These are completely voluntary but **HIGHLY ENCOURAGED**.

June – AM's on M, T, Th, and F

July – AM's on M-F

August – PM on M-Th and AM on F

First day will June 17<sup>th</sup>. Locations and times TBD and posted on team website.

Starting time is expected to be between 7:00 and 8:00 am and last for about 1:45 to 2:00.

## TEAM WEBSITE

[www.centervillegirlsxc.com](http://www.centervillegirlsxc.com)

Username: p37926706-0

Password: 09CgXc100

**HINT:** Allow your computer to save your password so you do not need to enter each time you wish to visit the website.

**CHANGE:** Username will stay the same all season but the password will get updated to 10CgXc100 over the summer. Try this if 09CgXc100 does not work.

## ONLINE LOG BOOK

[www.running2win.com](http://www.running2win.com)

Follow the directions on our team website to set up your log book. The expectation is that all miles run will be recorded using this **FREE** online resource.