**Summer Practice XC Rules**

**Practice Location: CHHS Track and Field facility**

**Parking: Parking lot in front of the football field entrance**

**Bathrooms: located on the visitor side of the football stadium**

**Week day practice times- 6-8 PM**

**Saturday Long runs 6-8 AM (Starting June 20th)**

* **Individuals should not be allowed to enter the facility or workout space if they meet any symptom, do not “feel well”, or have a potential exposure to any virus.**
* **You must bring your own water bottle(s) (No sharing). If you usually need more than one bottle of water, please bring two.**
* **Practice will be voluntary and there will be no punishment if you do not participate.**
* **No shared equipment, including balls, should be used without cleaning between use.**
* **Individuals should be at least six feet apart**
* **We’ll have to break into groups of 20 outside. We’ll have plenty of space on the inside of the track. If you want to break up into a smaller group than 20, we will do that for you.**
* **We will minimize the number of people in the bathroom to two at a time. Make sure to wash your hands with soap.**
* **Do not touch another person. If someone is having an issue, please reach out to the coach.**
* **You do not have to stay the entire two hours of practice. Once you are done with your run/workout then you are free to go.**
* **If you have any other concerns, my email is andy.mcelyea@dcsms.org.**

|  |  |
| --- | --- |
| **Center Hill XC June Locations/Times** | **2020** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6-8 PM | Graduation  Run on your own | Run on your own | 6-8 PM | 6-8 PM | Run on your own | Run on your own |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 6-8 PM | Graduation  Run on your own | Run on your own | Graduation  Run on your own | Run on your own | Run on your own | Run on your own |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 6-8 PM | 6-8 PM | Run on your own | 6-8 PM | 6-8 PM | 6-8 AM | Run on your own |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 6-8 PM | 6-8 PM | Run on your own | 6-8 PM | 6-8 PM | 6-8 AM | Run on your own |
| 29 | 30 |  |  |  |  |  |
| 6-8 PM | 6-8 PM |  |  |  |  |  |

**\*\*Location: CHHS Track and Field facility \*\***

|  |  |
| --- | --- |
| **Center Hill XC July Locations/Times** | **2020** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Run on your own | 6-8 PM | 6-8 PM | Run on your own | Run on your own |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 6-8 PM | 6-8 PM | Run on your own | 6-8 PM | Run on your own | Run on your own | Run on your own |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 6-8 PM | Coaches Meeting | Coaches Meeting | 6-8 PM | 6-8 PM | 6-8 AM | Run on your own |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 6-8 PM | 6-8 PM | Run on your own | 6-8 PM | 6-8 PM | 6-8 AM | Run on your own |
| 27 | 28 | 29 | 30 | 31 |  |  |
| 6-8 PM | 6-8 PM | Run on your own | 6-8 PM | 6-8 PM |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**\*\*Location: CHHS Track and Field facility \*\***