Center Hill Cross County Summer Notes

1. Make sure you and parents are signed up on Remind 101. Text **@coachept** to **81010** to follow updates and announcements.
2. First team practice will be July 30th at 4:00 pm at Center Hill High School Track. You must have a 2018-2019 Physical completed and turned in to me or other sport currently participating in. Before activity you will also need:
   1. Insurance Form Signed and Completed
   2. Concussion Form Signed and Completed
3. There will be a time trial on the first week of practice! Be ready.
4. Attached are 2 different training plans. Cross Country is a very disciplined sport. You have to train in order to compete or get better. The Couch to 5K Running Plan is for absolute beginning athletes. The Couch to 5K goal is to get you effective enough to finish a 5K race without walking, which is required for this team. Training should not be too hard nor too easy. Make yourself better!
5. At the beginning of the school year there will be a $25 activity fee. Fee will provide uniform or a practice shirt.
6. Top ten boys and top ten girls will go to State Meet in Clinton in November. Earn it!