

2018 Cy Woods Cross Country

Important Dates

June 11th – August 3rd, 2018 - Optional Summer training with the North Cypress Running Club to train all summer with your peers in the Coles Crossing Community. See Coach Zarate for details.

August 6th – 24th, 2018 – Mandatory Practices – Must attend all to run in the first meet
HS Mandatory Practices begin at Cy Woods HS, by the Tennis Courts.

Monday August 6th – 6:00am – 8:00am - Cy Woods HS – Introductions and Circuits

Tuesday August 7th – 6:00am – 8:00am – Cy Woods HS – variable 1000's

Wednesday August 8th – 6:00am – 8:00am – Cy Woods HS – Long Run Day

Thursday August 9th – 6:00am – 8:00am – Cy Woods HS – 800's

Friday August 10th – 6:00am – 8:00am – Time Trial at Cy Woods HS

Monday August 13th – 6:00am – 8:00am - Cy Woods HS –Circuits

Tuesday August 14th – 6:00am – 8:00am - Cy Woods HS – interval 1000's

Wednesday August 15th – 6:00am – 8:00am - Cy Woods HS – Long Run Day

Thursday August 16th – 6:00am – 8:00am - Cy Woods HS –Circuits

Friday August 17th – 6:00am – 8:00am - Cy Woods HS – 800's - Pre Race Day - Uniforms

Saturday August 18th –7:00am – First meet against about 10 other schools!!!

Practices Aug 20 – Aug 24th – PRACTICES WILL BE FROM 6:00am-7:00am due to meetings

August 27th, 2018

Practice on the first day of school will be in the afternoon on the practice fields from 2:50 – 4:15 pm

After School Practices

We will practice on campus after school on the following afternoons during the week: Monday, Tuesday, Wednesday, and Thursday. Those practices will run from 3:15 PM – 4:30 PM

The Wednesday afternoon before the district meet the team will have our annual Pre-District Pasta feast right after we all volunteer at Spillane's MS XC Meet. We will Carbo-load and have a great time preparing for the big day we will have at the district meet.

Then immediately following the district meet, we will have a team cook out in the park where district will be held for family and team members.

WE WILL NEED PARENTS TO SIGNUP TO HELP ORGANIZE THESE MEALS AND TO FACILITATE THEM
