



CROSS COUNTRY KNIGHTS



CAN YOU BELIEVE WE ARE ALMOST THROUGH WITH THE SEASON?

We have had so much fun coaching your young athletes this season and it's been very exciting to see their progress. We were also blown away by how many athletes showed up for the meet during our October Break!

We have ONE regular meet left tomorrow at Placer Elementary, and then finals are NEXT THURSDAY at Sierra College!



Things to Remember at the end:

Hydration is SO important. Please help your child remember to bring their water bottle to school/practice. We have had several kids show up to practice having forgotten to bring theirs and there is no way they're getting their needed water each day if they're relying on the water fountain at school.

We have scheduled an extra practice for anyone who can make it THIS SATURDAY (10/17) at the Sierra College course where finals are being run. We will meet at 8:00 am and stretch and run the course twice. It should take 30-40 minutes. Feel free to run it with us! We know that Saturdays can be busy with other sports and activities, but we hope to see your athlete there! It will give them an opportunity to get a feel for the course and plan out how they want to run it.
*Park in Lot K off of Sierra College Blvd.

Season Schedule

*10/17: 8:00 am — Sierra College

Mondays: 1:45-2:45 p.m. — Upper Campus Track/Blacktop

Tuesdays and Wednesdays: 7:15-7:45 a.m. — Lower Campus and Kentucky Greens Way

Oct. 15: Meet @ Placer Elem.

Meet run times:

4/5 girls 3:45 pm

4/5 boys 4:00 pm

6-8 girls 4:15 pm

6-8 boys 4:30 pm

*plan to be there by 3:15 so we can warm up at 3:20

Oct. 22: Finals @ Sierra College
4:30 - 5:45