



WELCOME TO CROSS COUNTRY KNIGHTS



Here we are already in week 3!

The kids have been doing great at practice! We are really proud of how hard they have been working and especially their positive attitudes! We are constantly reminding them that running is a mental game, so a positive attitude goes a long way!

Just a reminder—practices are not mandatory. We offer four different practices to accommodate busy schedules. You don't need to call or email if your child can't make it. That being said though, obviously they benefit from regular running.

Weather concerns?

We have been very fortunate that for the most part the weather has been mild this season. We follow the Heat Index guidelines for Loomis Basin Athletic League. If we do get rain, check the Sports Plus app for updates but generally we will run in light rain.

Season Schedule

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

Thursdays: 2:45–4:00 p.m. —
Lower Campus Field and Nature Trail (This Thursday is the LAST Thursday practice before meets start!)

Oct. 1: Meet @ Placer Elem.
Oct. 8: Meet @ Maidu Park
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

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

ATHLETIC HEAT INDEX GUIDELINES (Heat Index = combination of Temperature and Humidity)	
Under 95° Heat Index	GREEN ❖ All sports ➢ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➢ Optional water breaks every 30 minutes for 10 minutes in duration. ➢ Ice-down towels for cooling. ➢ Watch/monitor athletes carefully for necessary action.
95° to 99° Heat Index	YELLOW ❖ All sports ➢ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➢ Mandatory water breaks every 30 minutes for 10 minutes in duration. ➢ Ice-down towels for cooling. ➢ Watch/monitor athletes carefully for necessary action. ❖ Contact sports and activities with additional equipment ➢ Helmets and other possible equipment removed while not involved in contact. ❖ Reduce time of outside activity. Consider postponing practice to later in the day ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
100° to 104° Heat Index	ORANGE ❖ All sports ➢ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➢ Mandatory water breaks every 30 minutes for 10 minutes in duration. ➢ Ice-down towels for cooling. ➢ Watch/monitor athletes carefully for necessary action. ➢ Alter uniform by removing items if possible. ➢ Allow for changes to dry t-shirts and shorts. ➢ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. ➢ Postpone practice to later in day. ❖ Contact sports and activities with additional equipment ➢ Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
Above 104° Heat Index	RED ❖ All Sports ➢ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.