

## CRUSADER XC 2018 – BELIEVE AND ACHIEVE



### Christ the Redeemer Crusader XC 2018

#### Uniforms:

- Uniforms will be distributed to the players prior to the first meet of the season.
- Each runner will receive one black/red/white singlet
- Please purchase black running shorts (Nike Tempo or similar). Black or white piping only. No neon or non-school colors please. No Softe brand or compression style shorts for girls. Mesh PE uniform shorts are acceptable for boys as well as other Dri-FIT shorts without pockets. Keep the length no longer than mid-thigh.



- Uniform Care: Please read the manufacturer label and wash using COLD water, do not use chlorine bleach, and never dry on the HIGH temperature setting. This team set of uniforms needs to last approximately 2-3 more seasons. Please take care of them. Each runner's singlet is worth \$55.

#### Forms/Fee:

- Forms including: Athletic Handbook Parent/Student Ethics Agreement, and Athletic Early Release Transportation Form are required. These forms are posted to the website.
- CSO Medical Physical (releasing child by physician to play). This form is posted to the school website.
- The Athletic Fee for the 2018-2019 school year is \$200 per player per sport. Make checks payable to CtRCS. If sending to school please place check in an envelope labeled 'Athletics-XC 2018'.
- A completed and signed physical form and athletic fee are due the week of August 20th. Runners will not be allowed to continue practicing with the team or participate in competitive meets until physical and athletic fee is submitted to the Athletic Department. Please contact Coach Leach with questions or concerns.



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### Team Email Distribution List - Flocknote:

- Please provide cell phone numbers and email addresses to receive information and last-minute changes in meet/practice schedules or locations due to weather or unforeseen reasons.
- Emails from the coach regarding last minute changes are sent by or at the direct request of the Athletic Department only. Please do not contact the front office with questions related to the XC season.

### Tentative 2018 Schedule:

<b>Date:</b>	<b>Meet Name:</b>	<b>Location:</b>	
<b>9/1/2018</b>	<b>Cooper Jr. Dragon Invitational+</b>	<b>Burroughs Park</b>	<b>Tomball</b>
<b>9/8/2018</b>	<b>Rosehill Christian XC Challenge</b>	<b>Spring Creek Park</b>	<b>Spring</b>
<b>9/15/2018</b>	<b>Cypress Christian Warrior Invitational</b>	<b>The MET Church Cypress Campus</b>	<b>Cypress</b>
<b>9/21/2018</b>	<b>Houston Christian Dave Jantzen Invitational++</b>	<b>Houston Christian HS</b>	<b>Houston</b>
<b>9/29/2018</b>	<b>St. Thomas' Episcopal Invitational</b>	<b>Willow Waterhole</b>	<b>Houston</b>
<b>10/6/2018</b>	<b>7th Annual Faith West Hills XC Race</b>	<b>Faith West Acad.</b>	<b>Katy</b>
<b>10/16/2018</b>	<b>GHCAA Championship++</b>	<b>Spring Creek Park</b>	<b>Spring</b>
<b>10/20/2018</b>	<b>Allen Academy's Ram Classic XC Invitational ^</b>	<b>Tonkaway Ranch</b>	<b>College Station</b>
<b>10/20/2018</b>	<b>Concordia XC Middle School Invitational ^</b>	<b>Concordia Lutheran HS</b>	<b>Tomball</b>

+ This is the Saturday of the Labor Day Holiday Weekend

++ Athletes will be dismissed early from school

^ One of these two options will be selected

Arrival and take off times will be released for each meet as the date approaches and information is released by the meet sponsor. We have a team page at Athletic.net:

<http://www.athletic.net/CrossCountry/School.aspx?SchoolID=71631>

This site will have meet information and some results will be posted.

Please plan to be flexible as this is an outdoor sport dependent on Mother Nature's cooperation. Meet host sponsors will do their best to run the meet as scheduled but runner safety takes priority.



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### Practices:

Practices will be held at at Cy-Champ Park on the dates/times listed below. Parents are responsible for getting their player to/from practice and are welcome to work out on their own. If you are running late and the team has taken off from the meeting area at the entrance of the park/playground area, please do not send your child down the trail alone. The team will stretch ½ mile down the trail near the War Memorial. Supervise your runner until a coach is alerted to your arrival. Safety first please.

Runners can wear any color athletic wear for practices. Please avoid cotton t-shirts which hold in moisture and weigh runners down. No compression only or Sofee shorts for girls please. Tank tops are allowed as long as they are modest.

Runners must have good running shoes to avoid ankle, knee, and hip injuries common from the repetitive nature of running. ASICS, Nike, New Balance and other similar brands have a variety of running shoes to choose from. Make sure they are running shoes and not cross trainers. Please use running shoes for practices and meets only.

### XC Pre-Season/Season Practice/Recovery Run Schedule:

Tuesday	July	24	7:00-8:15am	Cy-Champ Park
Thursday	July	26	7:00-8:15am	Cy-Champ Park
Tuesday	July	31	7:00-8:15am	Cy-Champ Park
Thursday	August	2	7:00-8:15am	Cy-Champ Park
Tuesday	August	7	7:00-8:15am	Cy-Champ Park
Thursday	August	9	7:00-8:15am	Cy-Champ Park
Sunday	August	12	7:00-8:15am	Cy-Champ Park
Sunday	August	19	7:00-8:15am	Cy-Champ Park
Sunday	August	26	7:00-8:15am	Cy-Champ Park
Sunday	September	9	7:00-8:15am	Cy-Champ Park
Sunday	September	16	7:00-8:15am	Cy-Champ Park
Sunday	September	30	7:00-8:15am	Cy-Champ Park
Sunday	October	7	7:00-8:15am	Cy-Champ Park
Sunday	October	14	7:00-8:15am	Cy-Champ Park

Practice dates are subject to change.



## **CRUSADER XC 2018 – BELIEVE AND ACHIEVE**

Athletes are expected to run additional miles outside of practice and it is recommended to log progress weekly.

Please remember to send a refillable water jug to practice and meets with your runner. Please pick up your child promptly. The coaches really appreciate it.

Please notify the coaching staff in advance of any missed practices and meets. If your runner is not able to attend a meet please encourage your student athlete to let coaches know as soon as possible. A follow-up email from parents is greatly appreciated. Some meets charge by the number of athletes entered, not by team. We can save money by entering only those athletes who are able to attend.

### **Carpooling for Meets:**

Carpooling is our only transportation option. If you know that your child will need a ride to the meet please start thinking about possible carpooling options. Virtus trained parents with space in their cars, please let other team parents know your availability and number of additional athletes you can seatbelt into your vehicle. Coaches and school faculty are not allowed to transport athletes to and from meets.

### **Fall Sport Picture Day:**

- Picture day is scheduled for **Wednesday, September 26<sup>th</sup>**, **immediately after school** in the RAC Gym. Forms will be distributed ahead of time and will be available on the day. In order to have a complete team photo, all runners are asked to attend. Team/individual picture orders are not required.
- Wear uniform jersey with competition shorts and running shoes.

For any questions please contact Coach Leach at [andrea.leach@ctrschool.com](mailto:andrea.leach@ctrschool.com) or call/txt 281-250-7795.

We thank you for your support of our Crusader Athletes!

**Go Crusaders!**

Christ the Redeemer Catholic School  
Athletic Department