

Geneva Vikings Cross Country 2017 Calendar – Weeks 1-5

(Subject to change – other school functions may be added – weekly updates will be provided)
By Aug. 1st you must: Register for cross country ON LINE, have a current physical on file, complete an emergency information sheet and pay athletic participation fees. You will not be able to participate in any team practice or activity without registering and having a current physical. **Please get your Iron checked!**

Don't forget to sign in at every practice and meet and wear a watch everyday

3 unexcused absences will result in being dismissed from the team – 2 tardies = 1 absence

***a missing watch counts as a tardy**

Your attendance is expected for all scheduled events, practices, and meets.

Aug. 9 – Aug 12 Practice Week/Season begins

Mornings W&Th 7:00 to 9:30 am Meet at GHS Gym

BRING WATER!

Aug 11 Friday: Road Trip to Warren Dunes, MI – bus leaves GHS at 5:30 am (we will return around 6:00 pm) – more information will be provided on the 1st day of practice and a permission slip will need to be completed.

Aug. 12 Saturday: practice (7:00 to 9:30 am) is required and the location is TBA

Aug. 14 – Aug. 19 Practice Week

Mornings 7:00 to 9:30 am. **Meet at GHS Gym on T, W, & F**

Aug 14 Monday: practice will be held at the Great Western Trail.

Randall Rd. north to Dean St., left up the hill to entrance on the left about ½ of a mile. **BRING WATER!**

Aug. 15 Tuesday: Boys & Girls warm-up distribution after practice.

Aug. 16 Wednesday: ROAD TRIP PRACTICE TO LIBERTYVILLE

Bus leaves GHS at 7:00 am. We should be home around 1:30 pm.

Following practice at Half Day Forest Preserve, Coach Raak's parents will be hosting a BBQ at their house for the team in Libertyville.

Aug. 17 Thursday': practice will be held at Leroy Oaks Forest Preserve. Randall Rd. north to Dean St., left up the hill to entrance on the right about ¾ of a mile. Meet at the barn. **BRING WATER!**

Aug. 17 Thursday: 6:00 pm Team meeting – athlete and at least one parent – GHS Café. This meeting is mandatory for everyone! – if you do not attend this meeting, you and one of your parents will need to meet with me after practice on the 21st or 22nd.

7:00 pm Freshmen Parent Orientation in the Auditorium

Aug. 18 Friday: Team Pictures – Location and time is TBA. Wear warm-up tops and shorts.

Aug. 18 Friday: Dick Pond Team Day. Dick Pond in St. Charles. 11-4

Aug. 18 Friday: Team Campout at Leroy Oaks Forest Preserve. More info to come!

Aug. 19 Saturday: Kristoffer Larsen Memorial INTRA-SQUAD MEET - Leroy Oaks Forest Preserve. Arrive by 6:30 am (if you are not camping) – Race times: Boys race at 7:30 am and Girls at 8:15 am.

Big Heart 5K – open to everyone 9:00 am. Register at:

<https://www.communityfoundationfrv.org/profile/larsen-big-heart-foundation>

TEAM BREAKFAST WILL FOLLOW (10:00) at the Forest Preserve Shelter

More information will be made available.

Aug. 20 Sunday: Winfield Criterium's Little 5 – 12:55 pm. This is a team bike race involving only 6 team members chosen after the season starts.

Aug. 21 - Aug. 26 Practice Week

Begin regular after school time (Mon-Thurs) – be ready and signed in By 3:05 pm. Meet at the water tower.

Friday - morning practice, be ready by 6:00 am meet in hallway by the locker rooms.

Saturday morning practice 7:00-9:00 am – Location TBA

Aug. 23 Wednesday: 1st day of school

Corn Boil – 6:00 pm – GHS track

Team introductions – 7:00 pm – Wear warm-up tops and jeans (?)

Aug. 28 – Sept 2 Practice Week/Meet

Regular after school time (Mon-Thurs) – be ready and signed in by 3:05 pm. Meet at the water tower.

Friday - morning practice, be ready by 6:00 a.m. Meet in hallway by the locker rooms.

Sept. 2 Saturday: 1st **MEET** (9:00 am 1st race) Bus leaves GHS at TBA.

Arrive at GHS TBA

St. Charles East "Leavey" Invitational – Leroy Oaks Forest Preserve

Sept. 4 Monday Labor Day – No practice, please run 4-5 miles at a recovery pace.

Sept. 5 - Sept. 8 Practice Week/Meet

Regular after school time (Tues-Thurs) – be ready and signed in by 3:05 pm. Meet at the water tower-

Friday - morning practice, be ready by 6:00 am meet in hallway by the locker rooms.

Sept. 9 Saturday: 2nd **MEET** – Wauconda Invitational – Matthews Middle School, 355 Darrell Rd, Highland Lake. Bus and race times TBA.

**Events that we have also volunteered our team to assist:

Sunday, September 17th – Fox Valley Marathon

Sunday, October 8th – Chicago Marathon

Sign-up sheets will be available

Please sign up to get on our mailing list at: gvxc.net – select the email list tab. Enter the information and check Geneva Cross Country to receive our team correspondence.

Please also check our Website often as this is the way that we communicate most often. Please check out the calendar under the Cross Country tab for the most up-to-date information.

Also follow us on Twitter @ GVXC1