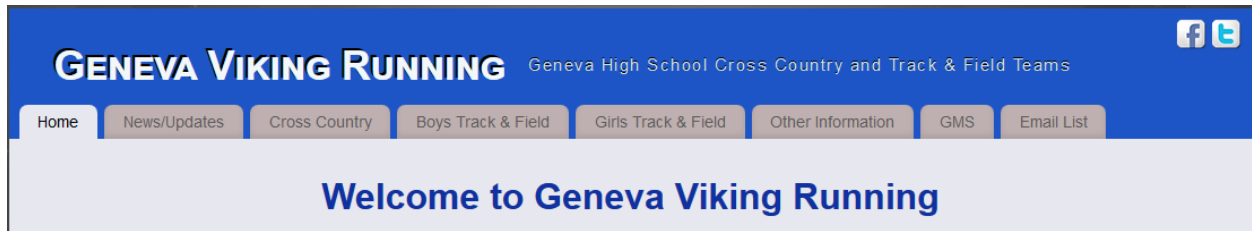



# Navigating the GVXC.net Team Website



- 1) **Home** – static front page that directs you to the Cross Country, Boys Track & Field or Girls Track & Field team pages.
- 2) **News/Updates** – This is where all of the latest team information will be posted. You should always monitor this page for new updates.

Practice Location Change...

August 12, 2016 Comments Off



Practice will be held at LeRoy Oakes Forest Preserve instead of GHS on Monday, August 15, 2016

The Nike NS/SS Challenge meet has been CANCELLED for 2016

- 3) **Cross Country:** – Main Cross Country Team page:
  - a) **Meet Schedule & Results** – This is the most information packed page on the entire site. It lists out all of the meets, Dates, Locations, Course Maps, Race Times, Coach Thomson Info Sheets and Results. *It will always be updated with the latest information.*

### Geneva Vikings 2015 Cross Country Meet Schedule

\*Athletes are expected to be at GHS **15 minutes** prior to the bus departure time.

Show 13 entries Search:

Date	Level	Meet (Information)	Location & Instructions	Course Map	1st Race	*Bus Departs	Results
9/1/2015 Tuesday	F/S/V G&B	Intra-Squad Meet-Rescheduled <a href="#">(Coach's Info Sheet)</a>	<a href="#">LeRoy Oakes St.</a> <a href="#">Charles</a>	<a href="#">Course</a> <a href="#">Map</a>	4:40pm	3:15pm	<a href="#">Boys</a> <a href="#">Girls</a>
9/5/2015 Saturday	F/S/V G&B	St. Charles East Leavey Invitational <a href="#">(Coach's Info Sheet)</a>	<a href="#">LeRoy Oakes St.</a> <a href="#">Charles</a>	<a href="#">Course</a> <a href="#">Map</a>	8:30am	6:45am	<a href="#">Results</a> <a href="#">Boys</a> <a href="#">Girls</a>
9/12/2015 Saturday	F/S/V G&B	Wauconda Invitational <a href="#">(Coach's Info Sheet)</a>	<a href="#">Lakewood Forest</a> <a href="#">Preserve, Wauconda</a>	<a href="#">Course</a> <a href="#">Map</a>	8:30am	6:00am	<a href="#">Results</a> <a href="#">Boys</a> <a href="#">Girls</a>

b) **Calendar** – The team calendar lists all practice times and locations as well as meets and special events. When you click an item, a page will open with further details and a map to the location. *It will always be updated with the latest times and information.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00 am - Captain's Practice @ LeRoy Oakes Forest Preserve	7:00 am - Captain's Practice @ Geneva High School	7:00 am - Captain's Practice @ Great Western Trail	7:00 am - Captain's Practice @ Geneva High School		
	7:00 am - Captain's Practice @ LeRoy Oakes Forest Preserve	7:00 am - Captain's Practice @ Geneva High School	7:00 am - Practice @ Geneva High School	7:00 am - Practice @ Geneva High School	7:00 am - Practice @ LeRoy Oakes Forest Preserve	7:00 am - Road Trip Practice @ Half Day Forest Preserve
	7:00 am - Practice @ LeRoy Oakes Forest Preserve	5:30 am - Road Trip Practice @ Warren Dunes State Park, MI	7:00 am - Practice @ Geneva High School	7:00 am - Practice @ Great Western Trail 6:00 pm - Team Meeting @ Geneva High School	6:00 pm - Kristoffer Larsen Memorial Intra-Squad Meet @ LeRoy Oakes Forest Preserve	7:00 am - Practice @ 9:30 am - Team Breakfast @
	3:05 pm - Practice @ GHS Water Tower	3:05 pm - Practice @ GHS Water Tower	3:05 pm - Practice @ GHS Water Tower 6:00 pm - Corn Boil @ Geneva High School Track	3:05 pm - Practice @ GHS Water Tower	6:00 am - Morning Practice @ GHS Locker Room 3:00 pm - Team Pictures @ Geneva High School	7:00 am - Practice @

c) **Athlete Information** – This menu contains Rules, Policies, etc. for the Athletes.

- Award Criteria
- Attendance Policies
- Meet Preparation
- Principles to Success
- Training Log
- Other Information

d) **History/Stats** – Lists all of Geneva High School Individual and Team records.

History and Statistics	
Individual Records	Team Records
<a href="#">All-State Athletes</a>	<a href="#">State Qualifying Teams</a>
<a href="#">State Qualifying Athletes</a>	<a href="#">IHSA Sectional Champion Teams</a>
<a href="#">All-Sectional Athletes</a>	<a href="#">IHSA Regional Champion Teams</a>
<a href="#">All-Regional Athletes</a>	<a href="#">Conference Team Statistics</a>
<a href="#">All-Conference Athletes</a>	
<a href="#">Sub-16:00 Boys</a>	
<a href="#">Sub-19:00 Girls</a>	

e) **Sectional Rankings** – A weekly update of the Dyestat.com team rankings for our Section.

f) **Prior Seasons** – contains the Meet Schedules and Sectional Rankings for prior years.

#### 4) **Other Information:**

a) **Volunteer Sign-Up Sheets** – This is where you can sign up to volunteer at various Team Events (Team Breakfast, Pasta Parties...)

b) **Health & Nutrition** – various health information.

c) **News** – Links to local newspaper articles related to Geneva Viking Running.

d) **Photos** – Link to the Geneva Viking Running Shutterfly page. This contains mostly Track & Field photos uploaded by parents.

e) **Videos** – Videos of Geneva running events. This contains both Cross Country and Track & Field, with the most current races appearing at the top.

f) **Twitter** – A real-time link to the GVXC Twitter feed. This is a great place to view the latest photos and quick updates.

g) **Links** – A long list of useful running related websites.

h) **Alumni Spotlight** – Links to articles about past Geneva runners

i) **Coaches Contact Information** – A complete list of all the Coaches names, emails and phone numbers.

j) **Contact Us** – if you have a question or comment, you can use this form to send a message.

5) **GMS** – Geneva Middle Schools – We have created a dedicated sub-section for each of the two Middle Schools that feed athletes into GHS.

6) **Email List** – This is where you can subscribe to any of our three Email Distribution Lists (Cross Country, Boys Track and Girls Track). It is very important that every athlete and parent subscribes to the Cross Country list because this is the primary method the Coaches will send out important information.

#### **Two tips for iPhone users:**

- 1) If you hold your phone sideways while viewing the GVXC.net website, the menus are easier to read and use.
- 2) To add GVXC.net as an icon on your phone, do this:
  - a) Open GVXC.net in the Safari browser
  - b) Tap the icon at the bottom that looks like a square with an upward pointing arrow
  - c) Select 'Add to Home Screen'
  - d) Replace the long name with something short, such as 'GVXC'
  - e) Click the 'Add' button in upper right