

## Geneva Vikings Cross Country 2016 Calendar – Weeks 1-5

(Subject to change – other school functions may be added – weekly updates will be provided)  
By Aug. 1<sup>st</sup> 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.

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. 10 – Aug 13 Practice Week/Season begins  
Mornings W-F 7:00 to 9:30 am Meet at GHS Gym on Weds and Thurs.  
**Friday's 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  $\frac{3}{4}$  of a mile. **BRING WATER!**
- Aug. 13 Saturday 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. 15 – Aug. 20 Practice Week  
Mornings M, W, Th 7:00 to 9:30 am Meet at GHS Gym on Mon and Weds.  
**Tuesday's practice: Warren Dunes, MI** – bus leaves GHS at 5:30 am (will return around 6:00 pm) – more information will be provided on the 1<sup>st</sup> day of practice and a permission slip will need to be completed.  
**Thursday's 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  $\frac{1}{2}$  of a mile. **BRING WATER!**
- Aug. 18 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 22<sup>nd</sup> or 23<sup>rd</sup>.  
**7:00 pm Freshmen Parent Orientation in the Auditorium**
- Aug. 19 Friday Kristopher Larsen Memorial INTRA-SQUAD MEET - Leroy Oaks Forest Preserve. No morning practice.  
Arrive by 6:00 pm – Race times: Girls at 7:00 and Boys at 7:30  
Follow directions listed above. Parents and alumni may participate in the races!
- Aug. 20 Saturday Practice 7:00-9:00 am – Location TBA  
**TEAM BREAKFAST WILL FOLLOW (9:30) at the Larsen's house!**  
More information will be made available.

- Aug. 22 - Aug. 27 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. 22 Monday Girls warm-up distribution after practice.
- Aug. 23 Tuesday Boys warm-up distribution after practice.
- Aug. 24 Weds. 1<sup>st</sup> day of school  
 Corn Boil – 6:00 pm – GHS track  
 Team introductions – 7:00 pm – Wear warm-up tops and jeans (?)
- Aug. 26 Friday Team Pictures: Wall in front of the building near the diagonal at 3:00 –  
 Wear warm-up jackets and Pants?
- Aug. 29 – Sept 3 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. 3 Saturday **1<sup>st</sup> MEET** (9:00 am 1<sup>st</sup> race) Bus leaves GHS at TBA.  
 Arrive at GHS TBA  
 St. Charles East “Leavey” Invitational – Leroy Oaks Forest Preserve
- Sept. 5 Monday Labor Day – No practice, please run 4-5 miles at a recovery pace.
- Sept. 6 - Sept. 9 Practice  
 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. 10 Saturday **2<sup>nd</sup> MEET** – Wauconda Invitational – Lakewood Forest Preserve, Wauconda. Bus and race times TBA.

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

Sunday, September 18<sup>th</sup> – Fox Valley Marathon

Sunday, October 9<sup>th</sup> – Chicago Marathon

Sign-up sheets will be available

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

Also follow us on Twitter @GVXC1