

GENEVA VIKINGS CROSS COUNTRY

GVXC 2021

Beginning of the season important dates

Monday, August 9th – Season begins!!! Make sure you have officially registered online and have a current physical on file.

*Meet at the front athletic entrance near the Viking statue **BEFORE** 7am. Start things off on a good note by being punctual. If you're early, then you are on time.*

Tuesday, August 10th – Meet at the athletic entrance by the Viking statue – 7am

Wednesday, August 11th – Team trip to Warren Dunes. The bus leaves from the athletic entrance at 7am and we plan to return at 7pm. Plan for a run followed by day at the beach. Bring a lunch and money for a stop at Culvers on the way home.

Thursday, August 12th – 7am Meet at the athletic entrance by the Viking statue – Uniforms will be handed out at the end of practice which will take a little longer.

New uniforms and shorts will cost as follows:

Boys' shorts - \$25 Girls' spandex - \$20 Singlet - \$40

Friday, August 13th – Team trip to Vernon Hills for a trail run followed by BBO at Coach Raak's parents' house. Meet at the athletic entrance at 7am and return at 2pm.

Saturday, August 14th – Team Pictures at GHS - 8am – Boys 8:15 – Girls

Team Time Trial – Meet at Burgess Field at 6pm. Boys race at 7pm and girls at 7:30.

Monday – Friday, August 16th-20th – 3:05pm – 5:05pm – Afternoon practice begins.

Saturday, August 21st – 7-9am practice at Settlers Hill to see the new course. Team brunch/pool party at the Spezzano house to follow. Around 9:15 or 9:30am to begin.

We have a wonderful team website, www.GVXC.net that has an amazing amount of information including: season calendar, team history, photos, and other pertinent information. There is also a place to sign up to receive team emails, and this is the best way to stay informed and up to date with what is going on with the team. Please be sure to sign up for our email list. We will send out lots of important information during the season regarding meets, results, and other team events. We also have a team Twitter @GVXC_run where we will post other pictures and information.

Running doesn't require much equipment, but you will also need to have a good pair of running shoes, water bottle, and watch.

If you have any questions or concerns, don't hesitate to contact one of us.

Head Coach

Peter Raak: 847-471-0514 email: praak@geneva304.org

Assistant Coaches

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Run H.A.P.P.Y. (Hard, Assertively, Passionately, Patiently, and Your own race),



Coach Raak