

Happy first week of Cross Country!

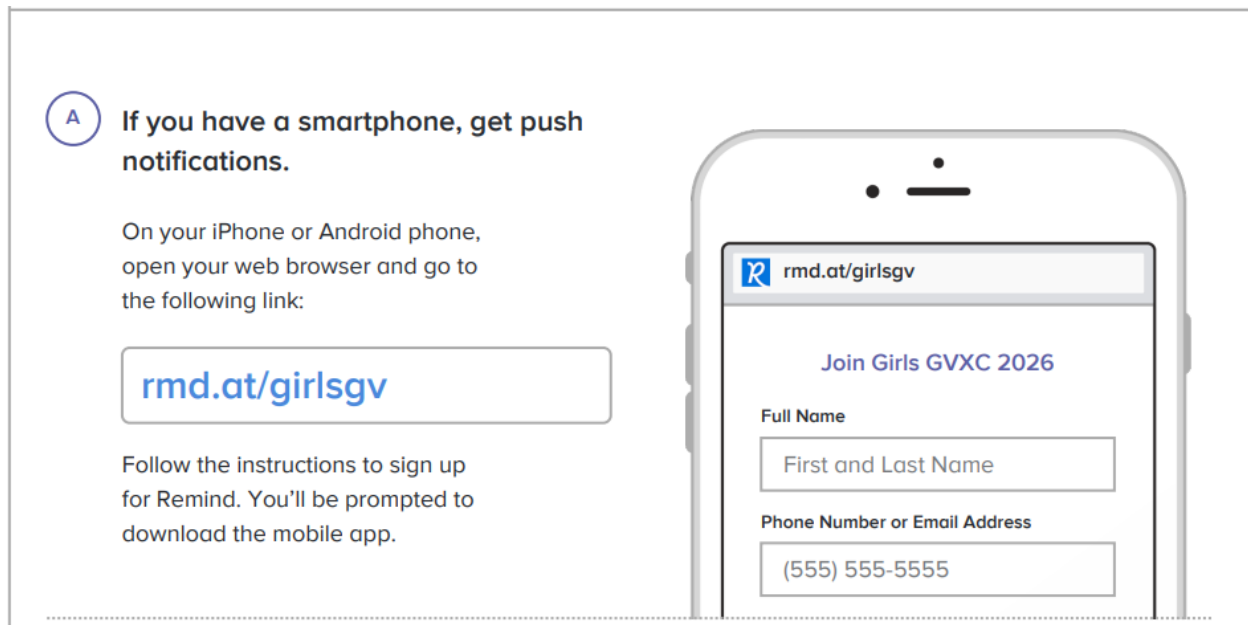
I am happy to have Coach Nemeth and Coach Ehrhardt back with us this season. We were very excited this morning to see everyone again and to welcome the newcomers. Below is important information regarding the beginning of the year. Please reach out with any questions.

First, both parents AND athletes should sign up for our communications. Please sign up for the co-ed GVXC emails and the Remind app.

To sign up for the co-ed GVXC emails:

1. go to <https://gvxc.net/>
2. Click on the tab that says Email List
3. Fill out your information and click the box for Cross Country
4. Click Sign up

To sign up for Remind:



Second, the 2026 meet schedule is below, but also posted on [Snap](#). Meet information sheets will be emailed via the co-ed email listserv weekly regarding that week's meet. The meet sheet will include attendance time, bus time, race schedule, race lineups, etc. *Note: the girls' team has a new date for the Peoria meet. *Athletes are expected to take the bus to and from each meet with their team, even on the Saturday of homecoming, October 3.* All buses depart from and come back to GHS. If an athlete needs to miss a meet for any reason, please communicate this early and often to head coach Beth Morrison at emorrison@geneva304.org.

2026 GHS Girls Cross Country Meet Schedule

DAY	DATE	TIME	OPPONENT	H/A	BUS	LOCATION
Sat	08/29/2026	8:00 AM	Batavia High School Kane County Invite	Away	-	Northwestern Medicine Cross Country Course
Sat	09/05/2026	8:00 AM	St Charles East HS	Away	-	Northwestern Medicine Cross Country Course
Sat	09/12/2026	8:00 AM	Peoria Central HS Invite	Away	-	Detweiller Park
Sat	09/26/2026	9:00 AM	Sterling HS Invite	Away	-	Woodlawn Hoover Park
Sat	10/03/2026	8:30 AM	Wheaton North HS Invite	Away	-	St. James Farm
Wed	10/07/2026	4:30 PM	Naperville North High School Invite	Away	-	Northwestern Medicine Cross Country Course
Sat	10/17/2026	9:00 AM	DuKane Conference	Away	-	Lake Park East Campus
Sat	10/24/2026	TBA	IHSA Regionals	Away	-	IHSA Regionals
Sat	10/31/2026	TBA	IHSA Sectionals	Away	-	IHSA Sectionals
Sat	11/07/2026	TBA	IHSA State	Away	-	IHSA State

Athletes are expected to be at practice every day. Beginning tomorrow (Tuesday) if an athlete is late, they will owe the coaches and team 10 pushups for every minute they are late. Beginning next week, if an athlete misses practice, they will be expected to stay after practice on Friday for about 30 minutes to do a strength/core workout to make up for missed conditioning. If an athlete misses a Friday practice (we call that practice pre-meet), they will be unable to compete on Saturday. Please help your athlete make cross country a priority.

Exciting news! The team purchased new uniforms. All athletes will be given a uniform top (called a singlet) this week or next, along with a warm-up jacket, backpack, and lock. Athletes are expected to return the singlet, jacket, backpack, and lock at the end of the season, and will be charged a fee if they fail to turn in any of these items. Athletes need to provide their own plain black shorts (no different colored piping, small or no visible logo, etc) that they would be comfortable racing in to finish off their uniform. Most girls race in spikes and practice in training shoes. Athletes can be fitted at Dick Pond's in Saint Charles - mention that you are a GHS athlete and the team gets a kick back at the end of the season.

Some save the dates:

Tuesday - Friday this week: 7-9am at GHS, diagonal drive

Saturday, August 15: 6am-6pm, Indiana Dunes trip

- Both the boys' and girls' teams travel from GHS on yellow school buses to the Indiana Dunes for a workout and some team bonding time on the beach. Athletes should pack a lunch, snacks, some money for ice cream at the beach and a Culver's dinner, a swimsuit, sunscreen, a towel, a second set of clothes for the ride home, sandals, and lots of water. **Athletes should arrive at GHS by 5:45am, dressed ready to run.**

Monday, August 17 onward, practices will be held at GHS from 3-5:15pm. Once meets begin, Fridays are typically shorter days, unless an athlete needs to stay for missing practice.

Thursday, August 20 (the first day of school): the GHS Annual Corn Boil. All fall athletes walk the track with their team as their individual names are announced. Festivities usually begin around 5:30 (a fundraiser dinner for athletes and families is available, and the corn eating competition); athletes will be expected to arrive no later than 6:45pm and the event will wrap up around 8pm.

Saturday, August 22: We will begin practice at 6:30am with an intrasquad time trial (race time 7:15). Parents are encouraged to come out to watch the kids race; there will be a brief parent meeting following the races at Burgess. Team pictures will follow at 8:15am. Following the team pictures, we will have a team/family brunch, graciously hosted by the Heller family. RSVP and sign up to bring something [here](#).

Lastly, if you know anyone else that would still like to register, please let them know that it is not too late to join. Please pass on this [registration link](#).

Again, please reach out if you have any questions. Otherwise, I look forward to meeting the parents on August 22 at the parent meeting and I look forward to continuing to work with the athletes tomorrow at our second practice of the 2026 season.

Beth Morrison

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