

HOWELL MIDDLE XC NEWS

Week of August 27, 2018 • anglia.wittmus@fhdschools.org

XC Meets



Parents are responsible for getting their runner to every XC meet. School transportation is not provided.

Please arrive by 4PM at the designated park. The boys run at 4:15 and the girls run at 4:45. We stay for both races and support all Rock-Stars and Super-Stars as they work toward their personal goal. We are a team.

We have XC shirts on order; however, if they do not arrive in time for the 9/6 meet, we will wear our gym uniforms.

Quick Tip

Please have your child running or highly active for 1-2 days outside of our Thursday & Friday practices. This helps develop lung capacity and stamina for better goal achievement!

PRACTICES ARE OFF TO A GREAT START

We ran our first outside and indoor practices. The distance we aim for is 1.86 miles (3K). This distance is the same for all XC Middle School meets. Please make sure your child has a water bottle and clothes that go with the weather. On rainy or extremely hot days, we run indoors.

On the track, our overall practice goal is to run eight laps. A little more



than our 3K official distance. Indoors, we are encouraged to run in the halls! We aim for 8 laps through the school to hit our 3K distance goal!

IMPORTANT DATES

PRACTICES

- 8/30
- 8/31
- 9/7
- 9/14
- 9/21
- 9/28
- 10/5

MEETS

- 9/6
- 9/11
- 9/20
- 9/27
- 10/2
- 10/9

CELEBRATION

- 10/25

Always find time for things that make you happy to be alive – GO RUN!