

Plainfield Cross Country 2019 Call Out Meeting

Welcome to Plainfield Cross Country, I am excited that you've decided to be a part of our program. Attached is a schedule of upcoming summer conditioning dates. None of the summer dates are mandatory to be a part of the team, however, **summer conditioning is critical to a successful season.** Find a way to get to conditioning. If you are unable to attend, communicate with a coach. Our summer conditioning sessions will take place in the mornings at either Sodalis Nature Park, Swinford Park, or Plainfield Community Middle School. We will not be meeting for conditioning at PHS this summer due to construction.

If you do not have a 2019-20 physical on file at the start of conditioning 6/3/19, you will not be allowed to participate in any capacity.

In addition to the summer schedule, dates and times for the regular season are also included in the packet. **You are receiving this in May. Work with your parents/guardians to plan accordingly for next fall. Those who miss official practices/meets will be held accountable.**

Coach Hoffman contact information:

765-418-1016 jhoffman@plainfield.k12.in.us

June 3– Start of summer conditioning

June 30- July 6 – Moratorium Week (no coaches, run on your own)

August 5– First Official Practice 3:25pm

August 5– Parent Meeting 6:00 pm @ PHS

August 10 – Practice at Swinford 8:00am / Car Wash @ PCMS 9:30am-11:30am (non-optional)

The coaching staff will do their best to help you have an enjoyable experience and to improve as a runner. **You must do your part by having the right attitude** and making a commitment to putting together a quality summer of training. I am looking forward to working with you this season.

-Coach Hoffman

2019 JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NO 19-20 PHYSICAL = NO PARTICIPATION on 6/3/19					1
2	3	4	5	6	7	8
	1st Conditioning 7:00am PCMS Track	7:00am Sodalís Park	7:00am Swinford Park	7:00am Sodalís Park	7:00am PCMS	None
9	10	11	12	13	14	15
	7:00am PCMS	7:00am Sodalís Park	7:00am Swinford Park	7:00am Sodalís Park	7:00am PCMS	None
16	17	18	19	20	21	22
	7:00am PCMS	7:00am Sodalís Park	7:00am Swinford Park	Team Trip to Eagle Creek/Breakfast Bus 7:00am from PHS	7:00am PCMS	None
23	24	25	26	27	28	29
	7:00am PCMS	7:00am Sodalís Park	7:00am Swinford Park	7:00am Sodalís Park	7:00am PCMS	None
30						

2019 AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Sodalis Park 7:00am 1	PCMS 7:00am 2	None 3
4	5 1st Practice/1st Day School PHS 3:25pm ***Parent Meeting 6:00pm Community Room PHS	6 PHS to Sodalis Park 3:25pm	7 PHS 3:25pm	8 PHS 3:25pm	9 PHS 5:45am nothing after school	10 Swinford Park 8:00am *** Team Car Wash PCMS 9:30- 11:30am
11	12 PHS to Sodalis Park 3:25pm	13 PHS 3:25pm	14 PHS to Sodalis Park 3:25pm	15 PHS 3:25pm	16 PHS 5:45am nothing after school	17 Swinford Park 8:00am Time Trial - Swinford Park
18	19 PHS to Sodalis Park 3:25pm	20 PHS 3:25pm	21 PHS to Sodalis Park 3:25pm	22 PHS 3:25pm	23 PHS 5:45am nothing after school	24 Plainfield Relays- Swinford Park
25	26 PHS to Sodalis Park 3:25pm	27 PHS 3:25pm	28 PHS to Sodalis Park 3:25pm	29 PHS 3:25pm	30 PHS 5:45am nothing after school	31 Danville Hokum Karem - Danville South Elementary

2019 OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 PHS 3:25pm	2 PHS to Sodalis Park 3:25pm	3 PHS 3:25pm	4 PHS 5:45am nothing after school	5 Twilight Invite- Lavern Gibson CC Course
6	7 PHS to Sodalis Park 3:25pm	8	9 PHS to Sodalis Park 3:25pm	10 PHS 3:25pm	11 PHS 5:45am nothing after school	12 Sectional - South Putnam HS
13	14 Fall Break 8:00am Sodalis	15 Fall Break 8:00am Sodalis	16 Fall Break 8:00am Sodalis	17 Fall Break 8:00am Sodalis	18 Fall Break 8:00am Sodalis	19 Regional - Ben Davis HS
20	21 PHS to Shelbyville 3:25pm	22 PHS 3:25pm	23 PHS 3:25pm (no school)	24 PHS 3:25pm	25 PHS 5:45am nothing after school	26 Semi State- Blue River CC Course
27	28 PHS 3:25pm	29 PHS 3:25pm	30 PHS 3:25pm	31 PHS 3:25pm	November 1 PHS 5:45am nothing after school	November 2 State- Lavern Gibson CC Course



Sign up for important updates from Coach Hoffman.

Get information for 2019 Plainfield CC right on your phone—not on handouts.

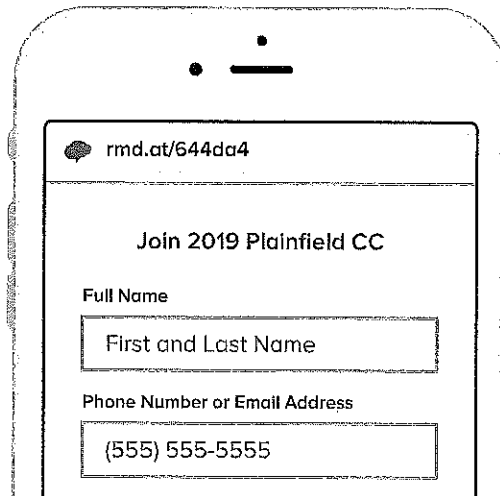
Pick a way to receive messages for 2019 Plainfield CC:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/644da4

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @644da4 to the number 81010.

If you're having trouble with 81010, try texting @644da4 to (317) 608-1901.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/644da4 on a desktop computer to sign up for email notifications.