

## **Zion Cross Country 2023**

Please call, text or email me to sign your child(ren) up for the 2022 XC season.

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The season begins on **Tuesday, August 1, 2023** with our first day of practice and ends at the State Meet in Omaha on **Saturday, October 7, 2023**.

### **Participation**

We would love to have any 5-8<sup>th</sup> grade Zion Athlete run XC this year.

- Only 7<sup>th</sup> and 8<sup>th</sup> grade runners participate in Cross Country meets, with 6<sup>th</sup> grade students becoming eligible if we meet enrollment guidelines. (We usually meet the requirements)
- At least one meet has a fun run for grades 5 & 6, outside of this sort of race, Zion fifth graders would not be allowed run with the 7<sup>th</sup> and 8<sup>th</sup> graders.

### **Practices**

Cross Country is a challenging sport that requires athletes to train for both endurance and speed in preparation for a 3K (1.864 Mile) race. Our workouts vary in distance and intensity, with coaches working with each athlete to work within a range that makes sense for them.

We run as little as a mile in a day to as much as 3 miles. On average, we run about 2 miles a day. Workouts include consecutive running, running hills, Repeat Ks, and interval running.

Ideally, athletes should build mileage 5 days a week depending on their experience level.

- 3 days of training together during practice days - **Monday, Tuesday & Friday** at Cottonmill Park.
 

- I am open to Saturday mornings in place of any of these three days.
  - **August 1 – 15, 7:30 - 8:30am.** I am willing to go earlier than this if it works for the group.
  - **August 16 – October 6, 4:15pm – 5:30pm.**

- 2 days of running on their own and recording their mileage into athletic.net training logs.

### **Cross Country Meets (Tentative – awaiting confirmation)**

We hope to participate in six total meets. Five regular season and the State Championship in Omaha.

1	Thursday – August 31, 2023	Lexington Invite @ Overton	3K
2	Friday - September 8, 2023	Kearney High/MS Invite	3K
3	Tuesday - September 12, 2023	Minden Invite	3K
4	Monday - September 18, 2023	Tornado Hill Invite – Grand Island	1 Mile
5	Friday – September 22, 2023	Walnut Invite – Grand Island (optional)	2 Mile
6	Thursday - September 28, 2023	Gothenburg Invite	3K
7	Saturday - October 7, 2023	Nebraska JH State XC Meet - Omaha	3K

\*adjustments in our schedule will be made for athletes involved with basketball camp. We will work with VB Athletes to accommodate both schedules.