

Piqua XC 2022

Communications

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- REMIND - Text @pxcountry to 81010
- Website- www.piquacrosscountry.com
- Twitter- @PiquaXC
- Facebook - Piqua Cross Country Team

Summer Information

Summer Conditioning - (Starting June 6th)

- Mon/Tues 8am-9:30am (East of the Stadium)
- Thur 8am-9:30am (Fountain Park)
- Fri 8am-9:30am (Rotating Locations - see calendar)
- Mandatory Practice Starts August 1st
- Attendance incentive
- Rain or Shine
- Changes will be communicated through REMIND

Equipment

- Good shoes and potentially Spikes
- No basketball shoes, jeans, etc.
- 20% Discount at Can't Stop Running Co
- Team shirts (If you need to replace or purchase new)
- XC Signs Yard Signs available to purchase (optional)

XC Camp - (High School)

- July 21-24 (overnight camp HS) Ludlow Falls
- Discounted Team Rate - \$200 (\$50 due now, balance at camp)
- Scholarships Available if needed (contact a coach)

XC Camp - (Junior High School)

- July 22-23 (day camp JH) Ludlow Falls
- Rate - \$125 (\$50 due now, balance at camp)
- Scholarships Available if needed (for 2nd year athletes) (contact a coach)

Official Season

Requirements

- Physicals - Due Aug 1st
- Rules & Expectations (see website, sign electronically) - Due Aug 1st
- Athlete Information Sheet (see website, fill out electronically) - Due Aug 1st
- Liability Waiver (see website, fill out electronically)
- Pay to Participate (Due by August 15th) HS \$45 / JH \$30

Rules

- During season, no racing outside of training (5k's, Half Marathons, Road Races, etc)
- Must be able to complete race distance (JH 2 Miles, HS 3.1 Miles) to compete in your first meet.
- Attendance
 - a. Do your best to be involved this summer
 - b. Expected to be at practice once the official season starts (August 1st)
 - c. All absences are to be recorded on the team website in ADVANCE (after August 1st)

Meet Schedule

- Preliminary Meet Schedule (on website under Meet Info & Results)