

2017 Summer Cross Country Practice Schedule							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/9-15							9:30am EP Tom Sawyer Pk**
7/16-22	5:00pm EP Tom Sawyer Pk	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk <b>So, Jr &amp; Sr Join deadline</b>	rest	9:30am Iroquois Pk
7/23-29	5:00pm EP Tom Sawyer Pk	6:00pm Pope Lick Pk <b>Fr &amp; transfers Join deadline</b>	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk <b>Uniform sale begins</b>	6:00pm Seneca Pk	rest	9:30am Iroquois Pk
7/30-8/5	5:00pm EP Tom Sawyer Pk	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk <b>Uniform sale ends</b>	rest	9:30am Iroquois Pk
8/6-12	5:00pm EP Tom Sawyer Pk <b>Roster closes</b>	6:00pm Seneca Pk <b>Grp B: 2 mi time trial</b>	<b>Group A&amp;B:</b> 6:00pm Seneca Pk	<b>Group A&amp;B:</b> 6:00pm EP Tom Sawyer Pk	<b>Group A&amp;B:</b> 6:00pm Seneca Pk	rest <b>Freshmen First Day</b>	<b>Group A:</b> 9:30am Iroquois Pk
8/13-19	<b>No practice</b> Girls run on their own <b>Parent Meeting (6:00pm)</b>	<b>Group A&amp;B:</b> 6:00pm Seneca Pk <b>First Day of School</b>	<b>Group A&amp;B:</b> 6:00pm Seneca Pk	<b>Group A&amp;B:</b> 6:00pm Seneca Pk	<b>Group A:</b> 3:30pm Seneca Pk <b>Group B:</b> 6:00pm Seneca Pk	rest	<b>Group A:</b> 9:30pm Joe Creason Pk

\*\* On July 15, we will have a relatively brief team meeting and will then practice after that

Note that any changes to this schedule will be announced via our team Twitter account (@AHS\_Distance) and, if time allows, posted at the team website and/or distributed via email.

### **Summer practice info:**

**Changes in the schedule:** note that this is a tentative practice schedule and may involve some changes by July 15 or possibly after that date. The most up-to-date practice schedule will always be available at the team website under the “Handouts” link (web address below).

**Attendance:** we expect regular attendance during the Summer, which means we ask the girls to attend Summer practice between 4 and 6 days per week. See our discussion regarding conflicts with practice and note that we do generally encourage the following - girls expecting to participate in Group A once Fall practices begin should attend 6 days per week during the summer, with girls expecting to participate in Group B only 4 days per week.

**Bad weather:** as Summer practices can be impacted by both storms and hot/humid weather, it's possible that we may not be able to safely meet. Our basic policy is to meet for practice unless it is very clearly unsafe (due to severe thunderstorms that occur near the start of practice) or the heat index exceeds 104° at the location where we practice (note that this is at the practice location, we do not use the heat index as reported on the news as a basis for cancelling practice). On any given day, if parents have concerns over the weather prior to a Summer practice, then we allow those parents to withhold their daughter from practice. We do ask that these girls or their parents contact us to let us know of their decision.

**Late arrivals at practice:** we do try to start practice as close to “on time” as possible. A typical practice begins with a warmup run that lasts at least a few minutes, followed by stretching and various warmup exercises, which hopefully provides any late arrivals to still join the team on their run. If late arriving girls are able to contact someone before practice, we can always at least try to arrange for a group to swing by our starting point so that our late arrivals can still join us.

### **Where we meet for practice:**

- **Seneca Park** – grassy area adjacent to the tennis courts and playground
- **EP Tom Sawyer Park** – grassy area by the playground and main parking lot
- **Pope Lick Park** (Parklands) – meet by John Floyd Park soccer fields and parking lot  
(formerly *Floyds Fork Pk*, address for GPS: *4002 S Pope Lick Rd, Louisville, KY 40299*)
- **Joe Creason Park** – meet in the picnic area by the playgrounds and Mansion
- **Iroquois Park** – picnic tables by the parking lot near the Amphitheater and Frisbee golf field

Handouts with directions to each location will be provided at <http://crosscountry.ahsdistance.org>