

**Informal Team Runs.** We strongly encourage both incoming freshman and returning girls to attend, but all runs prior to July 15 are not official practices – these runs are voluntary, but encouraged. The emphasis will be in developing basic fitness, getting to know one another, etc. A typical informal run practice will last for about 60 minutes for most girls.

<b>Date</b>	<b>Location</b>	<b>Time</b>
Wednesday (May 31)	Seneca Park	6:00 pm
Friday (June 2)	Pope Lick Pk	6:00 pm
Sunday (June 4)	EP Tom Sawyer Pk	5:00 pm
Monday (June 5)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 7)	Seneca Park	6:00 pm
Friday (June 9)	Pope Lick Pk	6:00 pm
Sunday (June 11)	EP Tom Sawyer Pk	5:00 pm
Monday (June 12)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 14)	Seneca Park	6:00 pm
Friday (June 16)	Pope Lick Pk	6:00 pm
Sunday (June 18)	EP Tom Sawyer Pk	5:00 pm
Monday (June 19)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 21)	Seneca Park	6:00 pm
Friday (June 23)	Pope Lick Pk	6:00 pm

### **Informal Team Runs info:**

**Changes in the schedule:** note that this is our expected schedule and that the most up-to-date schedule will always be available at the team website under the “Handouts” link (web address below). It is also possible that we may add some runs as well. E.g., we may also hold “Girls Only Runs” where members of the team get together for a run, independent of the coaching staff. If these runs are held, then they will be announced when we meet for the Informal Team Runs and/or at the team website.

**Attendance:** these runs are optional, but encouraged. There is no attendance requirement.

**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 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). Rather than attempt to make last minute announcements via email, we encourage parents to use their discretion in deciding whether the weather is appropriate for their daughter on any given day,

**Late arrivals:** we do try to start practice as close to “on time” as possible. A typical informal run 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 they arrive, 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:*** we meet in the picnic area by the tennis courts and playground
- ***EP Tom Sawyer:*** we meet in the picnic area by the main parking lot, tennis courts and playground (near the south side of the main parking lot)
- ***Pope Lick Pk (Floyd’s Fork):*** we meet in the area by the playground and shelter

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