

XC Summer Running 2020

The Phoenix High School Cross Country team runs over the summer in preparation for our mid-August-to-early-November season

In keeping with the spirit of the sport, our summer practices are “open” to middle and high schoolers, both from our own district and from other schools. If you are about to start your 6th, 7th or 8th grade year or any high school grade and have an interest in running cross country, this is an opportunity for you.

This experience will get you in shape for your season, provide a glimpse of what high school level-training is like, and it’s a lot of fun. It is a chance for students in grades 6th through 12th to get together in a non-competitive setting. (Middle schoolers will have appropriately lower mileage weeks, while high schoolers may be on a higher mileage program reflecting their running and abilities). We take people where they are at and our focus is on improvement.

There are a few eligibility rules you should know about . . .

- *If you are a Talent MS or Phoenix HS student: No problem! Just come to practice.
- *If you are not attending a school in the Phoenix School District and do NOT plan to transfer to Phoenix HS for classes starting in September: No problem! Just come to practice (although if your school has a cross country team, then I ask that you kindly ask their coach for their ok as a courtesy before you run with us.)
- *If you are not in the Phoenix School District, but you DO plan to attend Phoenix HS in September: You need to enroll in the district before you can run with us; call the district office at 541-535-1517 to learn about this process. Sorry. This is an OSAA rule. The moment you’re enrolled we’ll be happy for you to join us.

If interested, ask your parent to email Coach Cornet (John.Cornet@Phoenix.K12.Or.Us) and I’ll add you to the email list so I can communicate with your parents and inform your family of any changes in the tentative schedule below. If you do not have an email, then telephone/text me at 541-535-5232.

Coach John Cornet

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>June 15</u> First XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>June 16</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>June 17</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>June 18</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>June 19</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>June 20</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>June 21</u> No Practice
<u>June 22</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>June 23</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>June 24</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>June 25</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>June 26</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>June 27</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>June 28</u> No Practice
<u>June 29</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>June 30</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 1</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 2</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 3</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 4</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>July 5</u> No Practice
<u>July 6</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 7</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 8</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 9</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 10</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 11</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>July 12</u> No Practice
<u>July 13</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 14</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 15</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 16</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 17</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 18</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>July 19</u> No Practice
<u>July 20</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 21</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 22</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 23</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 24</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 25</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>July 26</u> No Practice
<u>July 27</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 28</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 29</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 30</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>July 31</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 1</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>August 2</u> No Practice
<u>August 3</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 4</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 5</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 6</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 7</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 8</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>August 9</u> No Practice
<u>August 10</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 11</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 12</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 13</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 14</u> XC Practice 8:00a-10:00a at the Phoenix HS bus ramp	<u>August 15</u> XC Practice <i>(important you run on your own or with friends)</i>	<u>August 16</u> No Practice

The official Cross Country season begins on August 17