

# Cross-Country

## Shawnee Middle School Cross-Country



Coach Freewalt

[www.freewalt.com/shawnee/xc](http://www.freewalt.com/shawnee/xc)

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419-203-5280

2011 SMS CC

**Q. What is Cross-Country?**

Cross-Country is distance running. Each race is two miles long. In Track & Field, athletes race around ... you guessed it ... a track. In Cross-Country, athletes race through wooded trails, through meadows, up hills, down hills, etc. Think of it as “off-road” Track & Field. It’s a great opportunity to compete and a great way to get in shape for other sports (like basketball, wrestling, baseball, softball, and track).

**Q. When are races?**

Once school begins, races are generally held on Tuesday or Thursday evenings as well as most Saturday mornings throughout the season. There are usually two races per week. An updated meet schedule will be posted at [www.freewalt.com/shawnee/xc](http://www.freewalt.com/shawnee/xc) when available.

**Q. When are practices?**

Summer practices will be held at the shelter house near the pond at Faurot Park from 7:00-8:00 pm. Once school starts, practices will be held after school everyday from 2:45-4:30.

**Q. What do I need to take to practice?**

Comfortable running/training shoes and socks (not basketball sneakers, track spikes, or skateboarding shoes), comfortable shorts and shirt, and perhaps a water bottle.

**Q. What about the weather?**

If it is pouring, if there is lightning, or if there is a thunderstorm warning or tornado warning for our portion of Allen County, a summer practice will automatically be cancelled. If in doubt, please call me at 419-203-5280.

**Q. What if I can’t make it to practice?**

Practices are “mandatory” in August, so a missed practice without a valid excuse will constitute an unexcused absence (vacations and family events are always excused ... after all, it is summer). If you will miss a practice, **please e-mail [coach@freewalt.com](mailto:coach@freewalt.com) or call 419-203-5280** to let me know. If you don’t have a ride to Faurot Park, let me know that as well and we can try to get a ride for you with the family of another team member.

**Q. What if I’m not sure what this is about and if I can do this?**

Come out to practice and see what happens. If you like it, stay. If you don’t, move on to something else. You’ll never know until you try. Bring a friend. That will make it more fun for you and will add another person to our team.

## **2011 Shawnee Middle School Cross-Country Summer Schedule**

**Important Note:**

Practices begin **Monday, August 1st**. It is extremely important to spend some quality time this summer in June and July getting in shape. The work you do in the summer will pay off for you in the fall. I expect each athlete to be able to run 2 miles by the second week of August; however, this is not a requirement. If you will be out of town this August, e-mail me at [coach@freewalt.com](mailto:coach@freewalt.com) or call me at 419-203-5280 and we can arrange an alternative schedule to get you ready.

**Absences before school starts will be excused for vacations, family events, and summer sports so long as you get in shape, but please notify me.** However, all athletes must have 10 official practices and a valid physical before they are allowed to run in a meet.

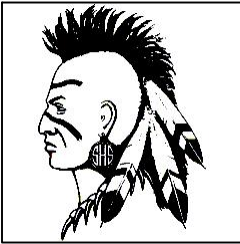
Physical forms are available in the high school athletic office. All athletes must have a physical each year to participate in school sports. The schedule below is subject to change.

June and July are great months to get into shape. Some ideas are:

- Start with a 5 minute run a couple days a week and work up to 20 minutes or more
- Do some push-ups and sit-ups/crunches every day, make it a habit to stay fit
- Jumping jacks, frog hops, high skips, etc. will help build leg strength
- Swimming, biking, skating are all good ways to get in shape. We call this "cross-training"
- Get together with some of your friends who want to get into shape. It's more fun to run if you have a friend to run with.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 August  7-8 pm—Practice at Faurot Park	2  <b>OPTIONAL RACE 7 pm—National Night Out 5k at Heritage Park</b>	3  7-8 pm—Practice at Faurot Park	4  7-8 pm—Practice at Faurot Park	5	6
7	8  7-8 pm—Practice at Faurot Park	9  7-8 pm—Practice at Faurot Park	10  <b>PARENT MEETING 7-8 pm—Shawnee HS east cafeteria</b>	11  7-8 pm—Practice at Faurot Park	12	13
14	15  7-8 pm—Practice at Faurot Park	16  7-8 pm—Practice at Faurot Park	17  7-8 pm—Practice at Faurot Park	18  <b>OPTIONAL RACE 6 pm—All-Comers XC at Spencerville HS</b>	19	20
21	22  7-8 pm—Practice at Faurot Park	23  <b>TEAM RACE 4:30 pm—vs. LCC at Faurot Park</b>	24  7-8 pm—Practice at Faurot Park	25  7-8 pm—Practice at Faurot Park	26	27  <b>TEAM RACE Bob Shull (Milton-Union) Invitational</b>
28	29  NO PRACTICE	30  After school until 4:30 pm—Practice at school	31  After school until 4:30 pm—Practice at school	1 September  After school until 4:30 pm—Practice at school	2  After school until 4:30 pm—Practice at school	3  <b>TEAM RACE Greenville Invitational</b>

Schedule subject to change.



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Tentative Schedule

Check <http://www.freewalt.com/shawnee/xc/>  
for an updated schedule with times, directions, and results

Day	Date	Place	Opponent	Facility	Time
Tue	08/23	Away	Lima Central Catholic	Faurot Park	4:30PM
Sat	08/27	Away	Bob Schul Inv. (Milton-Union)	West Milton Lowry Complex	TBA
Sat	09/03	Away	Greenville Inv.	Greenville Treaty City Park	TBA
Tue	09/06	Away	Spencerville/Allen East	Spencerville HS	4:30PM
Sat	09/10	Away	Spencerville Bearcat Inv.	Spencerville HS	TBA
Tue	09/20	Away	Elida/O.G.	TBA	4:30PM
Thu	09/22	Away	Wapakoneta MS Inv.	TBA	5:00PM
Sat	09/24	Away	Van Wert Co. Inv.	Van Wert Co. Hospital	TBA
Tue	09/27	Away	Bellefontaine MS Inv.	Bellefontaine HS	4:30PM
Tue	10/04	Away	Allen Co. Meet - LCC Hosts	Faurot Park	4:30PM
Thu	10/06	Away	Coldwater Inv.	Coldwater Stadium	5:00PM
Sat	10/15	Away	WBL Championship	TBA	TBA

