

SHREVEPORT FORCE CROSS COUNTRY 2019

Shreveport Force Cross Country is organized under the Shreveport Home School Sports organization and board, being subject to their rules and regulations. Please read over the policies. You can find them at www.shreveportforce.com/policies.

The Force Cross Country team will compete against other XC teams East Texas and participate in some local road races

Cross Country typically involves a race of 2 miles or 5k (3.1 miles). The athletes will run over varying terrains including grass, dirt, and occasionally pavement.

***Ages:** Shreveport Force Cross Country is for homeschooled boys and girls currently in 6th-12th grades.

***Practices:** Practices begin Tuesday, July 30, at 7pm at Walker Place Park by CenturyLink. Practices will last 60-90 minutes.

Through the end of August, practices will be:

Tuesdays and Thursdays at 7pm at Walker Place Park by CenturyLink

(The start time may be gradually moved up to accommodate for earlier sunsets as the month goes on.)

Saturdays, 8:00 am – some Saturdays will be at Walker Place Park and some at nearby trails like the Red River Wildlife Refuge.

Beginning in September, practice times will change to:

Tuesdays and Thursdays 4:15-5:45

***Dress code:** Please come to practice in comfortable athletic attire and proper running shoes. Keep in mind that we are a co-ed team and boys and girls will be working out together. We encourage athletes to layer bike shorts under their running shorts if needed. Shirts must be kept on during practice.

***At-home workouts:** Since we will only meet for two to three practices per week, daily workouts will be given to the athletes on a weekly basis. The athletes are responsible for making sure to get their at-home workouts in. It will make a huge difference in their performance!

***Meets:** We aim to have the team compete in about 6 meets this year, plus two local road races. Most XC meets will be within a two hour drive of Shreveport and most are on Saturday mornings.

***Cost:** \$125 for the first athlete in the family. \$115 for other athletes in the same family. This covers the cost of uniforms, team entrance fees for the XC meets, a XC t-shirt, and administrative costs. Athletes are also responsible for their own registration to the two local road races (Autumn Breeze and Heroes Run)

Registration form (<http://www.shreveportforce.com/sports/cross-country/>) and fees are due before the first cross country meet.

***Other costs:** Athletes will be responsible for purchasing their own:

*good pair of running shoes (we recommend having an evaluation at Sportspectrum, even if you do not intend to purchase from them, The right shoes make all the difference with injury prevention!)

*a watch with a stopwatch function (you can get these at Walmart or Academy for about \$15). GPS watches are a bonus but not required.

*The local road races are not covered by the XC fees and each athlete will need to register on their own if they'd like to participate in those.

*Cross country spikes/racing flats are optional. The local road races are not covered by the XC fees and each athlete will need to register on their own if they'd like to participate in those.

TENTATIVE CROSS COUNTRY MEET SCHEDULE

| DATE | SCHOOL/MEET/RACE | LOCATION |
|--------------|--------------------------------|----------------|
| | | |
| Sat, Aug 31 | Brook Hill | Bullard, Tx |
| Sat, Sept 7 | Tyler Lee Classic | Tyler, Tx |
| Sat, Sept 14 | Grace Cougar Meet | Tyler, Tx |
| Fri, Sept 20 | Pine Tree Puddle Jump | Longview, Tx |
| Sat, Sept 28 | Gilmer Buckeye | Gilmer, TX |
| Thurs, Oct 3 | Lindale Eagle Invitational | Lindale, Tx |
| Sat, Oct 19 | Autumn Breeze 5k/10k | Shreveport, La |
| Sat, Oct 26 | Heroes Run 5k or Half Marathon | Shreveport, La |

We are continuing to look for meets within a reasonable driving distance and as other opportunities come up, the schedule may be tweaked.