

Vikings XC Weekly Newsletter (Aug 23 - Aug 29)

Announcements

→ CROSS COUNTRY OFFICIALLY TOMORROW!!

- ◆ See [TEAM CALENDAR](#) for practice times, locations and details
- ◆ Also see the week at a glance below for upcoming events
- ◆ **PLEASE BE SURE YOUR ATHLETE IS CLEARED TO PRACTICE. ANY ATHLETE NOT CLEARED FOR PRACTICE WILL BE SENT HOME.**

→ CROSS COUNTRY REGISTRATION IS OPEN!! → [LINK TO REGISTER](#)

- ◆ Athletes must be registered to participate in the **first practice on Aug 24**
- ◆ Please be sure to have an ****updated physical****. This is the most common cause for a delayed start to an athlete's season. Please do our nursing staff a favor and get this done ahead of time. Thank you in advance!

- Reps from Medved will be coming to us for **Spike Night this year at our Parent Meeting!** This is a great chance to meet the coaches AND talk to the experts about gear for the season!

- Due to construction, we will be using **MHS Door #4** as a point of entry for practices and the parent meeting until further notice



****OLD NEWS****

- The Country Championships have been **moved (again) back to 10/31**
 - ◆ The athletic directors in Monroe County took a vote and the majority voted in favor of the original County Champs race date of 10/3

Coaches' Contact

Coach Danny Whiteside

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Remind: mendonxc26

Coach Erica Nace

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Coach Erin Van Allan

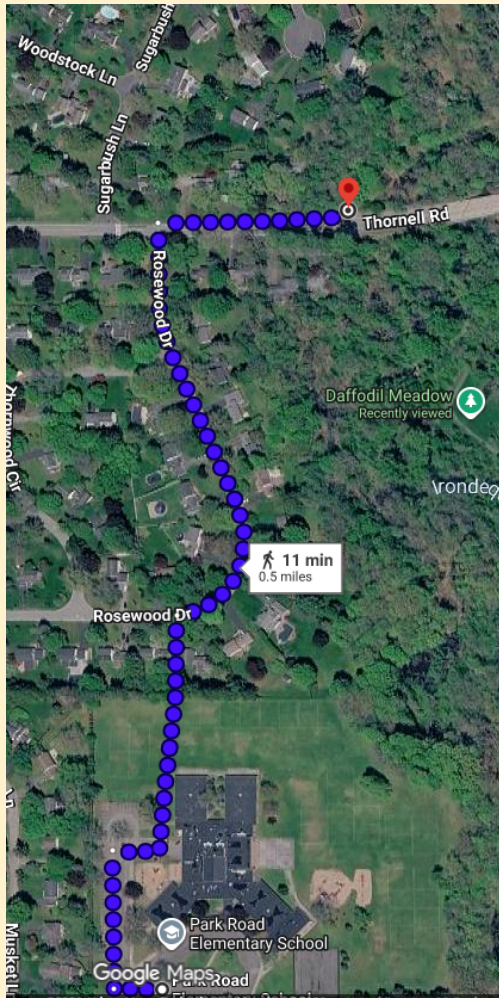
Remind: mendonxc26

Remind Code: mendonxc26

Week at a Glance

Sun 8/23	Mon 8/24	Tues 8/25	Wed 8/26	Thurs 8/27	Fri 8/28	Sat 8/29
Rest	Practice MHS Commons 3:30pm-5:30pm	Practice Beblase Open Space 5pm-7pm <i>See map on the following page for directions on how to pick up and drop off your athletes from this location.</i>	Practice MHS Commons 5pm-7pm	Practice MHS Commons 3:30pm-5:30pm Parent Meeting MHS Commons 5:30pm-6:15pm	MHS Commons 3:30pm-5:30pm	Practice Great Embankment Park 9am-10:30am <i>See map on the following page for directions on how to pick up and drop off your athletes from this location.</i>

Getting to Beblase Open Space



Parking and Dropoff Info:

Option 1: Park/Drop off at Park Road Elementary and follow the map below to walk to Deblase. It is roughly a half mile.

Option 2: Drop off on Sugarbrush and walk to Deblase.

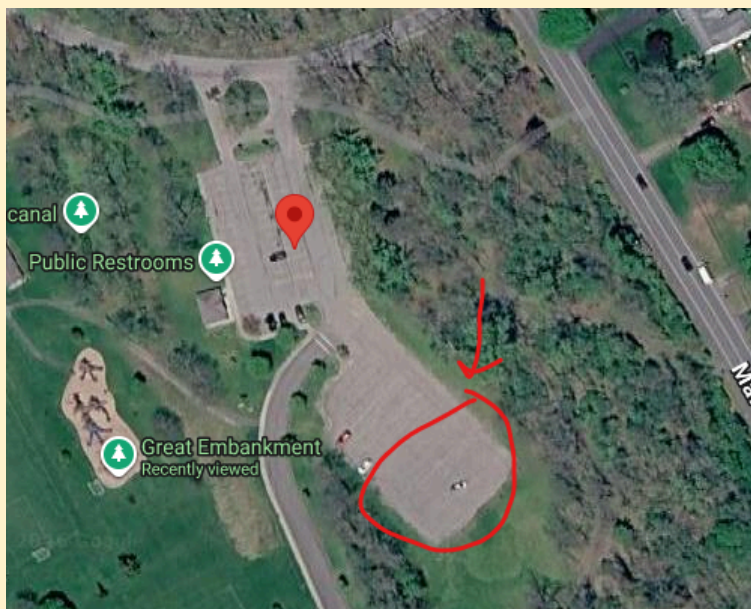
Option 3: Drop off at school and jog two miles as warmup to Deblase.

Pick Up Info:

Option 1: Athletes who have parked at MHS will be able to jog back as their cool down.

Option 2: At the conclusion of time trials, all other athletes, pick up will be at Park Road Elementary School. Please do not park on Sugarbrush or off of Thornell Road to wait for pickup, this will cause unnecessary traffic.

Getting to Great Embankment Park



Address: Parking lot, 631 Marsh Rd, Pittsford, NY 14534

Please park and pick up by the red circle to avoid park traffic.