

July 1, 2022

## **2022 Haven Cross Country Team - 8/8 – 10/19**

Haven's Cross Country Team season starts on **August 8th** and **ends on October 19<sup>th</sup>** Formal online registration for the XC team will open to new athletes on Friday, July 15, 2022, and closes when capacity is reached. Note that approximately 100 athletes are admitted to summer running and 50 athletes are admitted to the team after summer running and time trials are completed. To request registration for the team, please utilize the following link: [Haven Cross Country Sign Up](#)

Please note that final decisions for fall cross country team selection are not made until after the completion of the timed mile on August 27<sup>th</sup>. Should requests for summer running enrollment surpass capacity, athletes will get assigned to a waitlist and will not be admitted to summer training but will have an opportunity to try out for the team at one of the time trials.

In order to receive updates on any changes to summer running or to be considered for fall running, you will need to register. We will be utilizing **Team Snap** for all communications in 2022.

### **What is Cross Country?**

Cross country is long-distance running and racing held in fields, parks, and forest preserves in the Chicagoland area. Cross country is both a team and individual sport. The first seven runners to cross the finish line are considered the scoring group, but in most meets, everyone who wants to race can do so. Races vary from 1 mile, 1.5 miles, or 2 miles. Practice runs range from one/to two miles early in the season and builds up to four-six miles by the end of the season.

### **When are practices?**

- The season runs from August 8<sup>th</sup> to October 19<sup>th</sup>
- **Summer Practices** begin on August 8<sup>th</sup> and end on August 19<sup>th</sup> with the following schedule:

- Week of 8/8, 8/10, 8/15, and 8/17 – Monday and Wednesday 8:00 AM – 9:30 AM meeting at Haven outdoor track.
- Note that it is recommended that Haven XC members are encouraged to attend the [North Stars 10 Hard Steps XC Summer Running Camp](#) put on by Coach Jones and Coach Lynch during the month of July. We have created this camp to ensure that our runners are prepared for the highly competitive level of competition during the IESA XC season.
- Love Lace Park on Fridays – TBD
- **Saturday 8/27 – 9:00 am – Haven Track – Required Timed Mile**

Attendance at summer practices is expected if your child is in town. We do understand that your child may miss some days or even a week due to previously scheduled vacations or camps.

- **School Year Practices** begin on Friday, August 26<sup>th</sup> and right before sectionals for Junior Varsity and Varsity. The following is the tentative schedule for practices
  - School year practices will be on Mondays, Tuesdays, and Fridays after school from 3:30 – 4:45 PM at the Haven track beginning on August 26th and on Thursday evenings from 5:30 – 6:30 pm at Lovelace Park or Gillson Beach/Park.
  - Note that it is recommended that Haven XC members are encouraged to attend the [North Stars 10 Hard Steps XC Summer Running Camp](#) put on by Coach Jones and Coach Lynch during the month of July. We have created this camp to ensure that our runners are prepared for the highly competitive level of competition during the IESA XC season!
  - Should this not be possible due to conflicts, we ask that the kids run on their own or as part of another athletic activity so that they are running at least three days a week.

Monday	Tuesday	Wednesday	Thursday (Lovelace Park or Gillson Beach/Park) I will start this after the first week of school	Friday
3:30 - 4:45 pm	3:30 - 4:45 pm		5:30 – 6:30 pm	3:30 - 4:45 pm

Practice runs are comprised of conditioning drills and runs of different distances through the neighborhoods, to Northwestern University, along the McCormick Trail, and other locations. Coach Jones, the Head Coach for the Haven Cross Country Coach, supervises training. Because athletes run at different paces, Coach Jones and coach Walker will check in at various points along the routes.

### **Cross Country Meet Schedule**

Please see attached meet schedule at the end of this document which still has a few items pending. All club members are expected to race at as many meets as their schedule allows and as they are invited to attend. Note that the club provides both varsity and junior varsity teams for entries into meets. There are some meets comprised only of the varsity team.

### **Informational Parent Meeting and Official Enrollment Deadline**

- The Haven parent information meeting for parents of all club members will be held on **Thursday, September 1st** at 7:00 pm in the Haven’s Fitness Center. Enrollment forms for all grades, physical forms (7<sup>th</sup> and 8<sup>th</sup>

graders), and \$80 payment is due at this time. Scholarships are available.

- While the goal is to provide an opportunity for as many athletes as possible to run, there is a limit to the number of student-athletes that can participate due to safety and supervision issues. Should interest exceed capacity, the timed mile will be utilized to make final decisions. Any student that wishes to join the program after the timed mile on 8/27 should capacity still exist, will have to request an official tryout with Coach Jones. There will be no athletes added to the roster after August 31, 2022!

**Coaching Staff, Communications, and Registration:**

Head Coach and Boys JV/ Varsity XC XC Coach Jones [jonesl@district65.net](mailto:jonesl@district65.net)

Head Coach Girls JV/ Varsity XC Coach Walker [walkern@district65.net](mailto:walkern@district65.net)

Team Website: Team Snap will be utilized. Please accept the invite when it is sent to you to monitor all up-to-date weather and practice information.

If you have any immediate questions, please email Coach Jones at [jonesl@district65.net](mailto:jonesl@district65.net).

