**HXC: 2019 Summer Schedule**

*NOTE: You must have a current physical on the GHSA form to attend practice!*

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| **Date** | **Event/Time** | **Location** |
| Start running TODAY! | **Run on your own** *(Build mileage gradually, and be in shape on June 18th)* | Trail running preferable |
| June 18th | First Team Practice - 6:45 P.M. | Chickamauga Battlefield (Rec. Field) |
| June 20th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| June 25th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| June 27th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **June 29th** | **Saturday Morning Long Run**  *(9:00 A.M.)* | **Enterprise South - Chattanooga** |
| **July 1st - July 7th** | **DEAD WEEK** *(Great week for vacation* ☺ *)* | **NO PRACTICE** |
| July 9th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 11th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 16th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 18th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **July 19th-21st** | **FCA Running Camp**  *(team camping trip - $35)* | **Red Top Mtn. State Park** |
| July 23rd | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 25th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **July 27th** | **Saturday Morning Long Run**  And **ICE CREAM** (9:00 A.M.) | **Coolidge Park – Chattanooga** |
| July 30th | Practice - 6:45 P.M.  **$125 Running Fee Due** | Chickamauga Battlefield |
| August 1st | Practice - 6:45 P.M. | Chickamauga Battlefield |
| August 6th | **Varsity Time Trial**/End-of-Summer Celebration - 6:45 P.M. | Chickamauga Battlefield |
| **August 8th** | **Regular Season Practices Begin**  *(EVERY school day @ 3:40 P.M.)* | **Heritage High (Room 1213)** |

***The events listed above are team practices. Unless you are out of town with your family or have a significant conflict, you are expected to be at practice. It is your obligation to the team****. Running together throughout the summer is a necessary step in achieving team success. Running on your own is NOT good enough. Put your team above yourself, and we will reach our goals in October. Also, you should put in additional mileage on days that we aren’t practicing. Start with three days per week (depending on your level of fitness) and build from there. Add 10% to your mileage each week. You should eventually be able to run 6 days per week, including a long-run on Saturday. I will give you a summer mileage log on the 1st day of practice. It’s important that you keep up with your mileage. You can easily run too little or too much. Be smart, hydrate, and focus on injury prevention. Also, I can’t stress enough the importance of having updated physical on the GHSA form. EVERY page must be complete, including signatures and the history page. Please make a copy for your records and place a physical copy in my hands. If your current physical expires before November 10th, please get an updated physical before the first practice. Also, you must complete a school athletic packet and submit a signed copy of the first page (indicating that you’ve read and understand the packet) to me on the first day of practice. Lastly, please pay your $125 running fee as soon as possible. These funds allow us to buy team gear and pay for meet registration, the awards banquet, etc. For additional information, forms, and announcements, visit* [*www.heritagexc.com*](http://www.heritagexc.com)*. I look forward to a great summer of running, and hope to see each of you on June 18th!*

***Coach Jeremy Wynne***

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