**2023 Homestead Men’s Cross Country**

* **April 1st:** Get your Physical for the 23/24 school year and complete your Final Forms!
* **Mandatory Athlete Meeting Friday May 26th 3-6:00 @HHS (location TBD).** This is important as we are setting up many things to help the success of the athlete’s season.
* [***Physicals must be turned in to Final Forms prior to: June 12th and must be dated after: April 1, 2023!***](http://homestead.sacs.k12.in.us/UserFiles/Servers/Server_76223/File/Athletics/Pre-Participation%20Forms/Pre-Participation%20Forms%202021%2022.pdf)
* **Summer Practice will begin** **Monday June 12th from 8-10:00 @ the Citadel Door 14** (our Locker Room) Come dressed and ready to run, see “what you need” below.
	+ Please attend these practices as you are able, however, they are not mandatory (I will be taking attendance. If you are going to be out of town I would like to know). If you are unable to attend conditioning, you still need to be running and logging your miles!
	+ ***Your locker and roster spot on the team are earned and determined by your Summer of Work***. If you are committed, running and have proof of that (Running Log and Showing up to Mandatory practices in shape) you will be invited to the 2023 team. If you aren’t putting in the effort you will be disinvited.
	+ Please run two 5K’s (one in June and one in July and text your time with link from the results to Coach Wilson)
	+ Keep a detailed running log (this will be done through your school gmail account and a shared google sheet)

*\*The reason I expect this is to make sure you are ready for the demands of the sport, that no one is over doing it (safety/less injuries), and to show your commitment to the team and self-improvement. We will be evaluating your commitment in the summer to see if Cross Country is right for you!*

* **Apparel Order Due Saturday July 1st!** This will allow us to get our order submitted and to us before the season starts for the first meet! Link for order form will be sent out later.
* **Moratorium Week is from Saturday June 30th – Sunday July 9th** (No Summer Conditioning that week, but you need to keep up your running on your own. We will begin again Monday July 10th).
* **Cross Camp July 24-27th;** This is for top runners only as we are limited by space and will be determined later.
* If you have other camps in mind that you would like to attend that is fine, I would like to know where you go and how well you liked it.
* ***Mandatory* practice will begin** **Monday July 31st** These will be Monday through Friday at 8-10:00 am the first week; beginning August 7th practice will be Monday through Friday from 3:15-5:15 pm. Remember you must have 10 practices beginning on the July 31st in order to run in the first meet!
* **Parent Meeting Thursday August 3rd at 6:00** *(This is mandatory for parents and athletes)*Location TBD.
* **Picture Day TBD**
* **Fundraising** (We will participate in the school sponsored fall athletic fundraiser program; details to come later)
* **Fall Break October 16-20th:** This falls during the State tournament, if you are on the Sectional Roster we will have mandatory practice that week; I will not put someone on our roster who will be gone on vacation.

\*We typically have pasta parties the Thursday before each meet on the schedule. Once we get to Sectionals, just the Sectional Roster will meet.

**What you need for Practice:**

* [***Physical; dated after April 1, 2023 turned in to Final Forms before you can begin conditioning June 12th.***](http://homestead.sacs.k12.in.us/UserFiles/Servers/Server_76223/File/Athletics/Pre-Participation%20Forms/Pre-Participation%20Forms%202021%2022.pdf)
* Attended Summer Conditioning as you are able.
* New Running Shoes (Fleet Feet or 3 Rivers Running Co. will fit you with the correct shoes to help limit injuries).
* GPS Watch. (This is ideal for best training)
* Refillable Water Bottle
* Clothes for all weather conditions (we live in Indiana).
* Running Log June 12 – July 31
* Ran 2 5K’s for time (first – June; second – July)

**Contact Information:**

Coach Ian Wilson (15th year head cross coach, 19th year at Homestead, 22nd year coaching cross country and track in SACS)

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