



"NRXC is a group of friends that have fun running together and are excellent in our integrity, teamwork, and fitness."

Coach Bentley & Coach Hutchinson
coaches@northridgexc.com

May 22, 2024

**RE: 2024 NRXC Summer Training Packet (Parents)
AKA the Parent's Summer XC Bible**

Dear NRXC Parents,

Thank you for supporting your child in coming out to run with NRXC! We're a little biased, but we really believe that this is the best team, with the best kids, on campus.

Our goals for this summer are to have fun, build comradery, stretch our limits, and get fit and ready to compete in the fall. We know supporting your child adds to an already busy schedule. **We are so appreciative of your support! We mean it when we say that we couldn't do it without you!**

Our hope is that this packet (together with the team website (<http://www.northridgexc.com>) will answer most of your questions about summer training, and help you be able to support your child in their running. This packet, the PowerPoint presentation, and everything we discuss today can be found online. So, don't worry about taking notes. Just listen and ask any questions you have!

Always feel free to reach out and contact us, whether by email or on GroupMe. We may not answer immediately, but we'll get back to you as soon as we can.

With that out of the way, let's jump in!

Gratefully,

/s/ Coach Bentley & Coach Hutchinson

I. Communication and Calendar

All communication with athletes is done via Slack, while all communication with parents is done through GroupMe and weekly emails (during the season). **Please fill out the signup form with your name, child's (or children's) name(s), phone number, and email to be added to the GroupMe and email lists. You can also scan the QR code to be added.**

Our policy as coaches is to communicate with athletes principally in person at practices, at school, or on a group level in Slack. However, athletes will occasionally message us directly on Slack with questions, to which we will respond as appropriate.

We have created a Google calendar with dates and locations for summer and in-season training, meets, and other events. Subscribe to the calendar using the QR code below.

While we've tried to be as accurate and plan as well as possible, it's inevitable that adjustments will need to be made to the calendar during the summer and the season. We will communicate changes via Slack and GroupMe, and do our best to remember to update the calendar as well.

NRXC Parents 2024 GroupMe



NRXC 2024 Team Calendar



II. Social Media

NRXC has social media accounts on [Instagram](#), [TikTok](#), and [YouTube](#). We will use these accounts to principally post footage from our training and racing sessions, including summer training. We will try our best to keep them relatively current. Although somewhat experimental (so please be patient!), we plan to also use the YouTube channel to post summaries and updates during the season and even during the summer (for things like the relay fundraiser, cross-country camp, and other significant events. While the principal audience for this content is probably our athletes and their parents, we still think it is good to have a social media presence that communicates how fun and beneficial cross-country can be. It also encourages us to gather photo and video content that we make available to parents and will use at the end of season banquet.

III. Summer Training Schedule

It is vital for athlete development and team success that athletes are running daily during summer training to develop the fitness they need to compete at their best in the fall. For this reason, we practice five days a week during the summer. Additionally, although it is not an “official” summer training practice day, ***all non-injured runners, but especially those who want to develop their fitness to a level where they can compete for a spot on the varsity team in the fall*** are encouraged to meet approximately every other week for Saturday long runs with the team. These runs leave as carpools from Northridge High School at 6:30 on Saturday mornings, unless otherwise noted.

Refer to the general summer training location schedule on the website for meeting places and times. Locations and times should be on the team calendar as well. Each week we'll release a more detailed schedule with the specific training expectations for that week.

Standard Summer Meeting Locations

- A. **Northridge High School** ([Google Pin](#)). Meet outside of “D Building.” (the southeasternmost building)
- B. **Oak Forest Park** ([Google Pin](#)). Meet at the picnic shelter near the small parking lot directly to the East of the park (*i.e.*, not the church parking lot to the south).
- C. **Weber River Trail** ([Google Pin](#)). Centennial Trailhead by the toll road in South Weber.
- D. **Fernwood Recreation Site** ([Google Pin](#)). Meet at the upper parking lot near the main trailhead.
- E. **Nicholl's Hollow** ([Google Pin](#)). Meet at the upper parking lot (the lot closest to the castle park).
- F. **Layton Commons Park** ([Google Pin](#)). Meet at the picnic shelter near the duck statues at the south end of the park.

Other Summer Meeting Locations

- A. **Ogden Running Company** ([Google Pin](#)). Meet at the north end of the parking lot for Ogden Running Company off of Washington Blvd. in Ogden.

- B. **Jeremy Ranch Road** ([Google Pin](#)). We will meet at NHS to carpool. We will run on Jeremy Ranch Road starting from the Morgan side, which is just past East Canyon before you go up Big Mountain Pass towards Emigration Canyon.
- C. **36th Street Trailhead** ([Google Pin](#)). Near Weber State University in Ogden.
- D. **Sugarhouse Park** ([Google Pin](#)). We will meet at NHS to carpool. This is in Sugarhouse in Salt Lake City, and is the location of the State Championship XC Meet. We will preview the course and run through the park.
- E. **Art Nord Trailhead** ([Google Pin](#)). We will meet at NHS to carpool. Art Nord Trailhead is at the gate where Old Snowbasin Road is blocked off to traffic.
- F. **Coldwater Canyon** ([Google Pin](#)). We will meet at NHS to carpool. We will start running at the 2750 North Trailhead in North Ogden.
- G. **Snowbasin** ([Google Pin](#)). We will meet at NHS to carpool. We will meet in the parking lot near the Maples Trailhead at Snowbasin Resort.
- H. **Pineview** ([Google Pin](#)). We will meet at Windsurfer Beach.

IV. Team Fees, Academics, and Training & Competition Eligibility

A. Fees and Costs

There is no fee to participate in summer training. This may change in coming years, as there are some fairly substantial expenses incurred by the team (and also by parent volunteers). We're considering the idea of a modest fee that would provide each athlete with a summer training shirt and defray some of the costs, but that will not be in place this year. There will be a fee for attending cross-country camp (amount TBD based on number of attendees and costs, but probably around \$120 dollars for the 4 day/3 night long camp), and a team fee for those who want to practice and compete during the official season. The amount of the team fee is TBD, and we will notify you of that amount prior to the start of the season. We anticipate it will be around \$150.00.

Travel to out-of-state meets such as Bob Firman, NXR, and NXN/Footlocker is **not included** in the team fee, and we'll determine what those costs are for those who are interested in attending. These trips are not required, though we do encourage them for those that can afford it. They are really great experiences for the kids.

B. Age and Academic Eligibility

Anyone going into 7th grade and older is eligible to participate in summer training. However, once official practice begins, only those in grades 9 and above will be eligible to practice and compete.

In order to be academically eligible to compete during the season, athletes must meet the academic eligibility requirements, which are:

- (i) a GPA of not less than 2.0 for the prior term (for XC this means the last term of the 2023-2024 school year); and
- (ii) must not have failed more than 1 class during the prior term (again, this means the last term of the 2023-2024 school year).

There are other potential eligibility considerations for transfer students, so if your child attended a different high school this past year, come and talk to me. We bring this up for summer training, because we want people to be clear on the rules and expectations for the upcoming season, rather than being surprised after a summer of hard work. If you or your child suspect you may have or are at risk of eligibility issues, **please** come and talk to us about it.

C. Physical and Register My Athlete

We know this is not a fun topic, but it is a necessary evil. Every athlete must be registered on Register My Athlete prior to the start of school and must be registered on Register My Athlete **and**

have a current physical in order to compete in any meets. The earlier this gets done the easier it is on everyone involved...so, if you can, **PLEASE** try and get it done ASAP!

V. Required Equipment & Team Gear

A. Required Equipment. Running is not a sport that requires a great deal of specialized gear. However, there are a few required items.

(i) *A pair of running-specific shoes*. This is a must. Running shoes do not need to be fancy or excessively expensive, but to help athletes have the best chance to be consistent with their training and avoid injury, they should train in actual running shoes. We know the purchase of shoes can be a financial burden, especially if you have multiple athletes on the team who are running higher mileage (and therefore going through shoes at an accelerated rate). **Please know that NRXC has a sponsor who has generously offered to subsidize the cost of shoes for families for whom it might be a financial struggle.** If you message or email one of the coaches about that, we will provide you with a gift card to Salt Lake Running Company, a local specialty running store with locations in Centerville and Salt Lake, no questions asked.

(ii) *A running watch*. This does NOT have to be a GPS watch. Any watch that can track time and intervals will work fine. Of course, a GPS watch will work as well. Capable non-GPS watches would include the [Casio Sportswatch](#) or the [Timex Ironman](#) series of watches. There are great GPS options from a number of manufacturers, including [Apple](#), [Garmin](#), and [Coros](#). Any of their entry level watches will work fine. We have a discount team ordering program through Garmin, which provides 30% off of certain of their Forerunner series GPS running watches. The prices and options are included in the packet. Because of district procedures, we can only make this order once a year, at the beginning of summer training. We will follow up with both athletes and parents in the coming days.

(iii) *Running training clothes*. Again, these do not need to be fancy, but during the summer, athletes should be training in comfortable running clothing that helps them stay cool, usually shorts and lightweight t-shirts/tank tops. Female athletes should wear a sports bra.

B. Team Gear. The only required team gear is a team t-shirt and uniform. Both of these items will be covered by the team fee, and each participating athlete will receive them at the start of the season. While the team t-shirt is each athlete's to keep, the uniform must be turned in at the end of the season to avoid a fine. In addition to the uniform top, boys run in red or white standard running shorts. Girls may either elect to run in black spandex shorts or black standard running shorts. Uniforms will not be handed out until just before the start of the season. Optional team gear includes gear that will be available from a team store that

we'll set up through TeamUp Athletics in Kaysville. None of this is required, but parents may want to order items for the athletes, or for themselves as supporters. The team does not make money on this gear, as the orders are run fully through a third-party service. They are shipped directly to you. We can't guarantee shipping or arrival times, either, but the sooner we get the order in, the better chances we have that everything will arrive prior to the start of the season. ***We will notify you when the team store is open. It is usually a relatively short window of time early in the summer, perhaps 1-2 weeks, so once you get the notification, make sure and get your orders in!***

C. Other Gear to Consider. While spikes are not required, they can be helpful for racing and in certain speed workouts we'll do during the summer. Additionally, although not required, we recommend that each runner consider either (or both of) a massage gun and foam roller. These are excellent recovery tools that can be found relatively cheaply these days. There are massage guns that cost [upwards of \\$300](#) and those that cost between \$30 and \$40 dollars, or less. I see no reason to buy the expensive versions. While we can't vouch for the quality of the lowest priced guns, [ones that are \\$50-\\$100](#) seem perfectly fine. Foam rollers can be found [for around \\$20-\\$30](#).

VI. Behavioral and Cultural Expectations

We want NRXC to be a positive, growth-filled experience for each athlete. This means that cross-country should be fun. It also means that we will hold our athletes to the high standards required for meaningful growth. Below are the minimum standards for our athletes and coaches. We want athletes to hold each other accountable, and we want our athletes to hold us, as coaches, accountable as well. We'll go over each of these briefly tonight, but I'll discuss them in more detail with our athletes during the summer and into the season.

NRXC TEAM STANDARDS

Standards for Athletes	Standards for Coaches
<ol style="list-style-type: none"> 1. Put first things first. 2. Be kind. 3. Be honest. 4. Attend each practice on time and ready to give your best. 5. Be a good teammate. 6. Communicate regularly and positively. 7. Be willing to try hard. 8. Have fun! 	<ol style="list-style-type: none"> 1. Be kind. 2. Be honest. 3. Be at each practice on time prepared with a plan for the day. 4. Provide personal coaching for each athlete. 5. Be excellent in our knowledge of and preparation to coach distance running. 6. Be willing to listen and learn from others. 7. Communicate effectively and positively. 8. Have fun!

VII. Training Expectations

There is no requirement for how fast or how far an athlete runs to be on the team and run in meets. However, the principal means of improvement as a runner is consistent training over long periods of time. Summer training is vital for this. Most of our athletes are highly self-motivated, but we have put in place a system of expectations and rewards to incentivize proper training.

Runners are expected to train for 6 days a week and to rest on the remaining day. **We will start training on time, at 5 minutes after the designated time to arrive. If athletes are not there we will start without them.** Please still come! A coach will be there to direct late-arriving runners. But we want our athletes to get in the habit of being punctual!

Training does not need to be only running. New runners and higher-mileage runners can often benefit from cross-training, such as biking, swimming, rowing, elliptical, or even hiking. Coaches will discuss these options with runners as appropriate. Traditionally, the rest day has been on Sunday, and we think that schedule best facilitates working with the rest of the team. If you need an individual adaptation to this schedule, please come and talk with one of the coaches.

We also expect **every** athlete to do strength training. We have scheduled the weight room at Northridge High School after practice on Tuesdays and Thursdays during the summer. Anyone on the team is able (and encouraged!) to come and lift with the team on those days. Sessions are designed to be completed in 30-45 minutes, so it is not a marathon training session. If that doesn't work, we expect athletes to do a strength training routine on their own. We will have both bodyweight and weighted options for them to do. *While we are not trying to turn runners into bodybuilders, **gone are the days when runners didn't do strength training. Lifting is a part of NRXC's training, not just an optional addition.*** If there are physical limitations that make this impossible, please come and talk to one of the coaches.

Every athlete will be expected to track their mileage and communicate regularly with the coaches, both by sending in weekly mileage and by a short one-on-one meeting with one of the coaches during an assigned day each week. Mileage tracking will be done via a Google Sheet to which the athlete, the coaches, and you, as the parent, will be given access.

We also encourage runners to use the app Strava to help them track their mileage. They can use this app with or without a GPS watch. There is a team Strava group that runners should join once they sign up:

NRXC Strava Group



To further incentivize proper training, runners must achieve a base minimum mileage in order to attend cross-country camp with the team, and we have set up a summer mileage rewards program. Both of these incentives/requirements are discussed at length below.

VIII. Nutrition & Hydration

Our athletes are developing young adults. On top of their rapid physical development, they are adding a substantial training load. For their own health, they need to be eating and drinking a lot! We are very concerned about athletes that are restricting their eating in any way, whether it be in terms of total calories consumed, strict monitoring of their macros, or cutting out fats, carbs, or even all refined sugars. This is unnecessary for performance, especially for long-term performance, and, taken too far, places an athlete's physical development and long-term health at risk.

While we don't claim to be nutritionists, we know that research shows that health AND performance outcomes are better when athletes adequately fuel their training. Caloric and/or macros restriction, especially when coupled with intense training, are highly correlated with overtraining, energy deficiency, injury, and burnout. ***Please, please support your children in getting enough calories to fuel their training.*** While we don't want our athletes subsisting principally on donuts and soda, we generally prefer that kids **add in** healthy foods to their current diet **rather than cutting out** specific types of food. Doing this over time will often help the athlete settle at a sustainable place with their diet, that, even if it might not be strictly optimal, provides them with the energy and nutrients they need to continue running and enjoying it, which is **THE MOST IMPORTANT** long-term outcome. We have created two nutritional resources for our athletes, including a double-sided "cheat sheet," with the most important principles and some healthy meal and snack ideas. Copies are available both at the parent meeting and on the website.

We want our female athletes who have been through or are going through puberty, to have regular periods. The best way to ensure this is to be responsible in increasing training mileage and intensity and to adequately fuel and recover from training. The sustained loss of a period can have negative, long-term health consequences for female athletes. If an athlete loses her period or if it becomes unusually irregular, please let one of the coaches know (or encourage her to let one of the coaches know) and if it persists, consider visiting her physician.

Nutrition is a complicated physical, social, and emotional issue, and if you see (or worry about) your child struggling with this, please talk to them, let us know (if you and they are comfortable with that), and seek professional help if necessary. **If you or your child see any of the coaches doing anything that you're concerned would create a stressful or negative culture towards eating, please let us know so we can learn and improve.**

Because the danger is especially acute for our female athletes, thanks to a generous sponsorship from the folks at Giv Development (a development company local to Utah), we provide each new female runner who joins the team a copy of the wonderful memoir "Good for a Girl," by Lauren Fleshman, who discusses some of these issues in a frank and engaging way. We encourage

each parent here, especially the parents of female athletes, to purchase a copy of this book and read it. If you can't do that, go read Ms. Fleshman's outstanding essay, "Dear Younger Me," available at: <https://www.milesplit.com/articles/211759/dear-younger-me-lauren-fleshman>.

During the summer, we train principally in the early morning, but even then temperatures can get warm. **Runners should bring a water bottle to every run and should be eating and drinking as soon as possible after completing their run.** This helps them recover and prepare for the next day's training. We tell runners that we would much rather they have a Snickers bar after a run rather than eat nothing and wait a few hours until lunch or dinner. As we move toward afternoon practices late in the summer and early in the fall, it becomes vital for the athletes to have water at practice to keep hydrated and cool. We will do our best to have ice water at any workout where temperatures are likely to exceed 80 degrees, but please, please remind your kids about their water bottles!

IX. Cross-Country Camp

Each year NRXC holds a cross-country camp during the summer. We have held this in various locations. **This year's camp will be at Hull Valley Camp near Preston, Idaho, from the week of August 7 - August 10, 2024.** More detail will be released as the time for camp approaches. We will need a number of parent volunteers in order to have a successful camp. Parents who have volunteered at camp in the past have almost uniformly had a great experience. These are great kids who are fun to be around. We believe that camp is a vital team building experience and are willing to work hard so that we can keep the tradition of a summer camp going. We're sorry for the last-week-of-summer scheduling, but it is the reality of being last on the priority list for scheduling of group camps with facilities.

For future years, we are looking into how we might work out the logistics (principally food storage, restrooms, and showers/water access) that would allow us to camp in more remote locations or just generally expand our options. Our hope is that it would allow us to hold our camp at a consistent location and time during the summer, rather than annually playing roulette with last-in-line scheduling for group camps with required facilities. Expect us to reach out to gauge your reactions to some specific proposals in this regard.

In order to be eligible to attend camp, athletes must have **(i) tracked and reported their weekly mileage** over the course of the summer and **(ii) run at least 180 cumulative miles over the summer prior to the start of camp.** This may limit some of our newest runners from attending this year. But generally, I do not think this is a difficult target to hit for kids who are attending training regularly and otherwise running their assigned mileage. It amounts to around 20 miles per week. An athlete who trains 6 days a week as our schedule provides must run around an average of 3 miles per day to hit this target. Runners who have dealt with injuries over the summer (or who are at risk for injuries when running the required mileage) will be given appropriate consideration.

The mileage requirement is not intended to drastically limit the number of attendees at camp. Instead, we want to ensure that those who come to camp are capable of doing the training scheduled during the week. We go to beautiful locations with unique and challenging running opportunities, and, frankly, many on the team have had those opportunities significantly constrained in the past because of athletes who attend camp without having appropriately trained during the summer. **Again, there is NO requirement to run at a certain pace. All we want to see is appropriate, consistent effort over the course of the summer.**

X. Mileage Rewards

To further incentivize appropriate summer training and communication with coaches, we have set up a mileage rewards program (for lack of a better term). To be eligible for these rewards, athletes must track their training weekly and report it to the coaches.

- Mileage that is reported more than a week late or in a last-minute, end-of-the-summer “mileage dump” is ineligible, as it defeats of the purpose of reflecting on the process of training and communicating well with coaches.
- Mileage that is more than 10% higher than the mileage assigned in any one week is likewise ineligible, to limit the incentive to try and cram mileage into weeks at the end of the summer.

The available rewards are:

100 Cumulative Miles:	NRXC Car Window Sticker
200 Cumulative Miles:	Running Socks
300 Cumulative Miles (Girls):	Long-Sleeve 300 Miles Shirt
400 Cumulative Miles (Boys):	Long-Sleeve 400 Miles Shirt
400 Cumulative Mileage (Girls):	NRXC Nike Backpack
500 Cumulative Mileage (Boys):	NRXC Nike Backpack

Not every runner will be eligible for each reward. At the beginning of the summer, coaches will set a summer mileage goal with each runner. The maximum countable mileage for each runner is no more than 10% above that goal. If runners are disappointed in this, please try and help them understand this is done in order to give them the best opportunity to grow and progress as an athlete over the long-term, to stay healthy, and develop a lifelong love of running and physical activity.

Finally, we realize that some may wonder why the highest boys’ and girls’ mileage targets are different. This is simply because their physiology differs, and while we are not opposed to our female athletes running high mileage, we do not want to set an expectation that invites the risk of significant injury, overtraining, or amenorrhea. We suspect some of our girls may run higher mileage during the summer, but do not want to set this as a general expectation or even a goal. If you’re concerned about this, please come and talk with us.

XI. Fundraising

We are open to ideas about fundraising options! We will have at least one fundraiser during the season, which will be a 12-hour relay run, that will take place from 6:00 PM on July 19, 2024, until 6:00 AM on July 20, 2024 at the Northridge High School Track. All team members in town are expected to attend. Athletes will take turns running 400 meter laps on the track carrying a relay baton with an attached GPS watch. Athletes should secure pledges per mile run. The funds raised will go into the team general account, which can be used to pay costs associated with uniforms, camp, team trips, summer rewards, and other necessary expenses that may arise. **We have a donor who has agreed to match the funds raised up to a total of \$5,000!** This is a great opportunity, and we would really like to take advantage of this!

We will need a few parents to be at the fundraiser, either all night long, or in shifts. I think it will be fun for the kids to be under the lights at the track and have what amounts to a giant slumber party (with likely very little slumber, haha). Athletes should bring their own food and snacks to eat. The team will supply ice water and Gatorade.

XII. Team Breakfasts

There is a signup sheet for parents to volunteer to provide breakfast for one of our Wednesday runs at Oak Forest Park. Every other Wednesday during the summer we'll meet at Oak Forest Park for our morning training run. After this run, we'll eat breakfast (assuming there are parent volunteers) at the park pavilion and have games (nine square, frisbee, soccer, spikeball, and pickleball) for the kids to play. They can stay and play as long as they want. This summer there is also one breakfast at Nicholl's Park in Fruit Heights.

On Saturdays, there are optional (but recommended) team long runs. After the long runs, the team will provide chocolate milk, orange juice, yogurt, granola, and fruit for those who attend.

We encourage two to three parents to volunteer for each breakfast, as it helps defray the cost and workload. We will try to give people an idea of how many people to plan for, but usually 40-50 has been a good estimate. The kids love a traditional breakfast, but ultimately will eat (and love eating!) whatever you bring them. We encourage variety in food! Do what you can do, and please feel secure in knowing that the coaches and athletes are incredibly grateful! If we have no parents available to sign up for a breakfast on one of the Oak Forest Park Wednesday runs, we simply won't have a team breakfast that week. No big deal.

XIII. Other Summer Activities

Aside from camp and regular training, there are a few other activities scheduled during the summer, which are listed in the table below.

Summer Events Calendar

Date & Time	Event & Location	Details
June 21-22, 2024	Captains Camp Out @ Mormon Flat Campground on Jeremy Ranch Road	For upcoming season's captains and coaches. Invite only. The rest of the team will join for a run on Saturday on Jeremy Ranch Road, after which we'll eat breakfast as a team. More information to come as captains are chosen and the date gets closer.
July 4, 2024	Fourth of July 5K	All athletes are expected to race a July 4th 5K. This is an important gauge of fitness prior to starting workouts, especially for newer runners. If entering a 4th of July 5K is impossible, a 5K time trial is acceptable. If race entry fees are a significant financial burden, please talk to a coach in advance and the team will take care of the entry cost.

<p>July 18, 2024, 7:00 AM – ~2:00 PM.</p>	<p>Pineview Day</p>	<p>We'll meet near Windsurfer Beach (or another location TBD), and the team will run on nearby trails, after which we'll return to the beach to play in the lake. The team will provide breakfast and lunch that day. We'll aim to wrap things up around 2:00 PM.</p>
<p>July 19, 2024 @ 6:00 PM</p>	<p>All Night Relay Fundraiser @ Northridge High School</p>	<p>All runners in town should participate. We will start the relays at 6:00 PM and finish at 6:00 AM. Athletes will take turns running 400 meter laps with a baton. Athletes will secure pledges per mile. Money raised will go to the team general account. We have a donor who has agreed to match the amount raised up to a total of \$5,000! Athletes should bring their own food, games, and sleeping gear. The team will provide water/Gatorade. Event will be coach and parent chaperoned.</p>
<p>July 29, 2024 @ 7:00 AM @ Nicholl's Hollow</p>	<p>Coach Catch</p>	<p>The athletes love this activity every year. We'll meet at Nicholl's Hollow and will have alumni coaches there to play a game of hide & seek/tag. After we've finished, we'll raffle off some prizes.</p>

XIV. Volunteering

*As you can tell from all the above, summer training for cross-country is an **AMBITIOUS undertaking!*** The things we are planning will (we believe) help create a strong team culture that's necessary for NRXC to perform at its best, and for each athlete to have a fulfilling experience and a chance to take running as far as they want to! But we are assuming a strong level of parental support. This is an assumption we've made on the basis of how well our parents have supported the team in the past, and **we are so incredibly grateful!** During the summer, we will need parent volunteers for:

- (i) Wednesday breakfasts at Oak Forest Park;
- (ii) Helping drive to some of the Saturday team long runs (you are welcome to stay and run or hike with us!);
- (iii) Helping with the team captains campout;
- (iv) Helping with the team day at Pineview (driving, kayaks, paddleboards, food);
- (v) Helping chaperone for the relay fundraiser;
- (vi) Being a coach for "Coach Catch."
- (vii) Driving, helping chaperone, and helping with food at cross-country camp; and
- (viii) Helping organize travel to out-of-state meets.

We know that this is a big ask from you, but we're hopeful that we can spread out the workload and that, when you do volunteer, you'll have a positive experience.

XV. Anticipated Meet Schedule

This is provided for informational and planning purposes only. Please note that it may change! We will finalize it prior to the parent meeting in advance of the official season.

Meet	Date/Time	Location
NRXC Intrasquad 5K	8/13/24 (7:00 AM)	Northridge High School
Timpanogos Invitational	8/30/24 (9:00 AM)	Lakeside Sports Park (Orem)
Border Wars Invitational	9/14/24 (TBD)	Sugarhouse Park (SLC)
Royal Run ¹	9/21/24 (TBD)	Roy High School
Bob Firman Invitational ²	9/28/24 (TBD)	Eagle Island State Park (Eagle, ID)
Davis Districts ³	TBD	Layton Commons Park
Region 5 Championship	10/9/24 (3:00 PM)	Layton Commons Park
Divisionals ⁴	10/15/24 (TBD)	Lakeside Sports Park (Orem)
JV Region ⁵	10/16/24 (TBD)	Roy High School
JV State Championship Meet ⁶	10/26/24 (TBD)	Spanish Fork Sports Park
State Championship Meet ⁷	10/29/24 (TBD)	Regional Athletic Complex (SLC)
Nike Cross Regionals SW ⁸	11/23/24 (TBD)	Coyote Run Golf Course (Arizona)
Nike Cross Nationals ⁹	12/7/24 (TBD)	Glendoveer Golf Course (Oregon)

¹ For runners unable to run at Bob Firman.

² Optional travel meet. Available to all runners at additional cost for travel, lodging, and food.

³ JV only. Varsity will run a workout at the park prior to the event and remain to support the other runners.

⁴ Top 7 varsity runners only.

⁵ JV runners only.

⁶ Optional meet for those who did not run at the State Championship Meet. Runners arrange their own travel.

⁷ **Requires qualification.** Top 7 varsity runners only.

⁸ Optional travel meet. Available for all runners at additional cost for travel, lodging, and food.

⁹ **Requires qualification.** Top 7 varsity runners only, runners pay additional cost for travel, lodging, and food.