



## Christ the Redeemer

### Crusader XC 2017

#### Uniforms:

- Uniforms will be distributed to the players prior to the first meet of the season.
- Each player will receive one black/red/white jersey
- Please **purchase black running shorts. Black, white, or red piping will be acceptable. No neon or non-school colors please. No Softe brand for girls.** Mesh PE uniform shorts are acceptable for boys as well as other Dri-FIT shorts without pockets. Keep the length no longer than mid thigh.



- Uniform Care: Please read the manufacturer label and wash using COLD water, do not use chlorine bleach, and never dry on the HIGH temperature setting. This team set of uniforms needs to last approximately 3-4 more seasons. Please take care of them. Each runner's jersey is worth over \$30 and is customized at an additional cost.

#### Forms/Fee:

- Forms including: Athletic Handbook Parent/Student Ethics Agreement, and Sports Transportation Form are required. These forms are in the process of being updated. We will post the 2017-2018 Athletics Handbook to the website as soon as it has been approved.
- CSO Medical Physical (releasing child by physician to play). This form is posted to the school website.
- The Athletic Fee for the 2017-2018 school year has been set at \$200 per player per sport. Make checks payable to CtRCS. If sending to school please place check in an envelope labeled 'Athletics-XC 2017'.
- A completed and signed physical form and athletic fee are due **Monday, August 21st. Runners will not be allowed to continue practicing with the team or participate in competitive meets until physical and athletic fee is submitted to the Athletic Department.** Please contact Coach Leach with questions or concerns.
- All other forms will be due before the first race, Sept 1<sup>st</sup>.



**Team email Distribution List:**

- Please provide cell phone numbers and email addresses to receive information and last-minute changes in game/practice schedules or locations due to weather or unforeseen reasons.
- Emails from the coach regarding last minute changes are sent by or at the direct request of the Athletic Department only. Please do not contact the front office with questions related to the XC season.

**Tentative 2017 Schedule:**

Date	Event Name	Location		Race Time~
9/2/2017	Cooper Dragon XC Invitational +	Burroughs Park	Tomball	11:30 AM
9/14/2017	September Sizzler ++	SAA Athletic Complex	Houston	4:30 PM
9/23/2017	Concordia XC MS Invitational	Concordia Lutheran HS	Tomball	9:00 AM
9/29/2017	Dave Jantzen Invitational	Houston Christian	Houston	6:30 PM
10/7/2017	6th Annual Faith West Hills XC Race	Faith West Academy	Katy	9:30 AM
10/14/2017	Allen Admy MS Ram Classic XC Meet*	Tonkaway Ranch	College Station	9:30 AM
10/14/2017	St. John's Maverick Ramble*	TC Jester Park Course	Houston	11:00 AM
10/19/2017	GHCAA Championship Meet ++	Sugar Land Memorial Park	Sugar Land	4:00 PM

+ This is the Saturday of the Labor Day Holiday Weekend

++ Athletes will be dismissed early from school

\* One of these two options will be selected

~Race Time listed is not arrival time to the event location. Additional details will follow closer to the date of each scheduled event.

Arrival and take off times will be released for each meet as the date approaches and information is released by the meet sponsor. We have a team page at Athletic.net:

<http://www.athletic.net/CrossCountry/School.aspx?SchoolID=71631>

This site will have meet information and some results will be posted.

Please plan to be flexible as this is an outdoor sport dependent on Mother Nature's cooperation. Meet host sponsors will do their best to run the meet as scheduled but runner safety takes priority.

**Practices:**

Practices will be held at 7:15-8:15am at Cy-Champ Park on the dates listed below.

Parents are responsible for getting their player to/from practice.



#### XC Practice Schedule:

Sunday	August	20
Sunday	August	27
Sunday	September	10
Saturday	September	16
Saturday	September	30

Practice dates are subject to change.

Athletes are expected to run additional miles outside of practice and log progress weekly.

Please remember to send a refillable water jug to practice and meets with your runner. Please pick up your child promptly. The coaches really appreciate it.

Please notify the coaching staff in advance of any missed practices and meets. If your runner is not able to attend a meet please encourage your student athlete to let coaches know as soon as possible. A follow-up email from parents is greatly appreciated. Some meets charge by the number of athletes entered, not by team. We can save money by entering only those athletes who are able to attend.

#### **Carpooling for Meets:**

Carpooling is our only transportation option. If you know that your child will need a ride to the meet please start thinking about possible carpooling options. List all options on the Sport Transportation Form. Virtus trained parents with space in their cars, please let other team parents know. Coaches and school faculty are not allowed to transport athletes to and from meets.

#### **Athletic Picture Day:**

- Picture day is scheduled for **Wednesday, September 27<sup>th</sup>, immediately after school** in the Parish Hall. Forms will be distributed ahead of time and will be available on the day. In order to have a complete team photo, all runners are asked to attend. Team/individual picture orders are not required.
- Wear uniform jersey with competition shorts.

For any questions please contact Coach Leach at [andrea.leach@ctrschool.com](mailto:andrea.leach@ctrschool.com).

We thank you for your support of our Crusader Athletes!

***Go Mighty Crusaders!***

Christ the Redeemer Catholic School  
Athletic Department