



### Tentative 2024 Schedule

*Practice begins Monday, Aug. 19*

*Fri., Sept. 6 – 3:45pm at Olathe East High School (vs CST & SFT)*

*Tues., Sept. 10 – 3:45pm at California Trail Middle School (vs CT, IT, SFT)*

*Wed., Sept. 18 – 4pm at Blue Valley Southwest High School - 7<sup>th</sup> and 8<sup>th</sup> grades only (no practice 6<sup>th</sup> grade)*

*Tues., Sept. 24 – 3:45pm at Mission Trail Middle School (vs MT, FT, SFT)*

*Mon., Sept. 30 – 4:00 pm City Meet all 10 middle schools! ODAC (Olathe District Activity Center) 20925 West 159<sup>th</sup> St. Olathe, KS 66062*

### Responsibilities and Information:

- Practice runs from **3:30-4:40 M-Thurs and 7:20 am Friday mornings (3x)**. Please be prepared to leave school at the end of practice. Carpool if needed.
- Please communicate with coaches if you will be absent.
- Extreme heat may require that we bump practice to the morning, so pay attention to XC emails.
- Running clothes and running shoes are required for practice.
- You **MUST** have an updated, completed, signed physical and parent signed forms before you may participate in any PTMS athletic practice or event.
- Students must be passing all classes to participate in races so keep up the good work!
- **Hydrate, hydrate, hydrate!** Drink water throughout the day. Bring water bottles to class. It's important to stay hydrated, especially when practicing in the heat.
- Coach Contacts: Katherine Davis  
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Jayme Dean  
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# Pioneer Trail Cross Country

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**What is cross country?** Cross Country is a running team sport during the fall season. Athletes run over grass courses, around Frontier Park and on the Indian Creek Trails which are paved and shaded. Runners also get to compete against other schools at XC meets. See tentative schedule for meet dates. We look forward to having you join our team!

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