

August 2024 PTXC Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
19 Meet in Commons (lunchroom) Practice 3:30-4:40	20 Practice 3:30-4:40	21 Practice 3:30-4:40	22 Practice 3:30-4:40	23 Practice 7:15 am at the track
26 Practice 3:30-4:40 (last day to start XC)	27 Practice 3:30-4:40 Quick parent meeting 4:40	28 Practice 3:30-4:40	29 Practice 3:30-4:40 Uniforms room 125	30 Practice 7:15 am at the track

Sat., Aug. 31 Donut Run at OEHS September 2024 PTXC

Mon.	Tues.	Wed.	Thurs.	Fri.
2 Labor Day! No school No practice!	3 Teacher workday - no practice	4 Practice 3:30-4:40	5 Practice 3:30-4:40 XC meet notes	6 Bring your uniform, snack, and water bottle! Home meet at Olathe East @3:45
9 Practice 3:30-4:40 XC meet notes	10 Bring your uniform, snack, and water! XC meet 3:45 at California Trail MS	11 Practice 3:30-4:40	12 Practice 3:30-4:40	13 No Friday practice!
16 Practice 3:30-4:40	17 Practice 3:30-4:40 XC meet notes 7th and 8th grades only tomorrow	18 No practice for 6th grade! 7th and 8th grades only meet at Blue Valley Southwest High School @4:00	19 Practice 3:30-4:40	20 No Friday practice!
23 Practice 3:30-4:40 XC meet notes	24 Bring your uniform, snack, and water bottle XC meet @ MTMS	25 Practice 3:30-4:40	26 Practice 3:30-4:40 XC City meet notes	27 No Friday practice!
30 XC City Meet @ ODAC 4:00 pm all 10 middle schools compete! Super fun!	Oct. 1 What a fun season! No practice so go home after school today.	2 Congratulations! XC season is over. Hope you enjoyed running with us!	3 Thank you for participating in Cross Country (XC) this year!	4 Happy Friday!

*Dates and times may change due to unforeseen circumstances like heat index and weather.

Pioneer Trail Cross Country Expectations

We are so happy you have chosen to go out for cross country. It's a fun extracurricular activity that is both an individual and team sport. You are doing something good for your health and will see rewards for your hard work. We practice at school, on the Indian Creek Trails and Frontier Park nearby.

Students and Parents: Please read the following expectations regarding the PTXC season.

- **Updated physical and forms must be signed and turned into the office prior to participating in XC.**

Practice: Athletes are expected to run during practices. Participants need to wear running shoes. Students will not be allowed to practice if they don't have their running shoes. T-shirts or tank tops and shorts are also expected daily. Bring water bottles and drink water often to stay properly hydrated.

- Students should be ready for practice at **3:30 pm**. Students will check in and meet outside the pool doors for practice.
- **Practice ends at 4:40 pm.** *Students are expected to leave at that time. Please respect the departure time as coaches have responsibilities at home as well.*
- **Friday morning practices** meet at the track at **7:15 am**. We'll let you know when this ends (see calendar). In case of rain, we will practice inside.

Attendance: If you know you will be absent from practice, please communicate with coaches during the day (email or in-person). Be aware that you are not eligible for meets until a certain number of practices are completed (12). We will email home if you did not check in or show up for practice. Coach Davis email: kdavispt@olatheschools.org

Behavior: Students are expected to act appropriately at practices, on buses, and at meets. Disciplinary consequences will occur if a student athlete refuses to behave in a manner that is expected of a Pioneer Trail Middle School student. Students should respect their coaches, teammates, and competitors with their words and actions. Be a good reflection of your family, school, teammates, and yourself. We **ARE (Accountable, Respectful, and Engaged)PT!**

Academics: Students must be passing all classes in order to participate in XC practices and meets. Use your class time wisely.

Uniforms: Students should keep their PTXC uniform in good condition throughout the season. Uniforms should be clean for meets and upon return.

XC Meets: Athletes will travel to other middle schools and high schools to compete against runners from other schools. This is what we train for. Please join us on meet days to cheer on our efforts (see XC schedule for location, times, and dates).

***Dates and times may change due to unforeseen circumstances like heat index and weather.**