

Schedule

The schedule for the rest of the summer will remain the same as it has for the captain led portion of the season and is as follows.

Monday - Capo (by the track)

Tuesday - FloJo Park

Wednesday - Cox Sports Park

Thursday - Curtis Park

Friday - No Scheduled Practice

Saturday - Aliso & Wood Canyon

Sunday - No Scheduled Practice

All practices will begin at 7:00am and run until about 9:00am

Locations of these places can be found on the right side of our website under Summer Practice Locations

<http://www.capoathletics.com/page/show/2167381--b-cross-country-2016-17->

Practice Requirements

Attending practice requires the following items, a watch, running shoes, athletic apparel, and a water bottle. Those are the minimum items you will need to successfully complete practices. The following items are also suggested, snack for immediately after practice (piece of fruit, granola bar, etc.), a towel, extra shirt.

Training Logs

During the season, athletes will be required to fill out a training log with information regarding time/distance run, what we did, etc.. All the training logs will be compiled into a shared Google Doc folder. The only people that have logs available at this point are those who have completed their athletic clearance. Once you have been cleared, a log will be added to the folder for you to complete as well. Once the season starts, completion of a log will serve as a basis for your grade, so it is best to form the habit early and begin to complete your training log once it is available to you. Contact me with any questions regarding accessing or completing the training log. The link to access them can be found here. <https://drive.google.com/open?id=0B6F4olaj0e77dk82Qk90WnF2Zk0> You will need a Google email address to be able to access the folder.