

# Fort Calhoun Pioneers



## Junior High Cross Country

This program was started with the intent to give Junior High athletes the opportunity to experience cross country! Since junior high students are allowed to participate in more than one sport at the same time, **anyone interested in running distance races can be part of our team**, including students who are out for volleyball or football. Volleyball or football players signing up for cross country would attend those practices regularly and complete distance runs on their own time, or as scheduled with Mrs. Romans. The only time a cross country runner would miss another sport's practice is on our meet days.

### Practices

Practice begins Monday, August 23rd.

Practices run from 3:30 p.m. to 4:45 p.m. on Monday–Thursday and from 1:45 to 3:00 on Friday. We will meet each day on the high school track.

Please bring  
–tshirt  
–shorts  
–running shoes  
–water bottle

### Meet Schedule

Date	Time	Meet and Location
Sept 9, 2021	4:10 PM	Arlington at Washington County Fairgrounds
Sept 13, 2021	4:30 PM	Yutan at Walnut Grove Park
Sept 16, 2021	4:00 PM	Bennington at Lake across from Bennington HS
Sept 20, 2021	3:30 PM	Ashland at Ashland Memorial Stadium
Sept 23, 2021	4:30 PM	Fort Calhoun at Fort Atkinson State Historical Park
Oct 9, 2021	TBD (and optional at this time)	State Meet at Papillion–LaVista South; Walnut Creek

### Transportation

4 of our 5 meets coincide with high school races. We will take buses to all meets and leave school around 2:00 p.m. We will not leave each meet until after the varsity runners run.

We will generally stop at a fast food place for dinner and return to school around 8:30 p.m.

The Bennington meet is strictly for junior high athletes.

The Fort Calhoun meet does not require early dismissal from school.

**\*\*You MUST have a Physical form & a signed permission form from the Athletic Handbook to participate in practices and/or in meets!\*\***



Cross Country Camp July 2021

Coaches Kyle & Rebecca McMahon and Coach Jim Meyer head the high school cross country program. Several of our workouts and practices will model theirs. They have found GREAT success over the years. We are all one big family!

People unfamiliar with cross country may think it is strictly an individual sport, but a lot depends on **teamwork**. Though runners race individually, the team scores points collectively.

Running is a great way to exercise your body and keep it healthy, but it does more than that! It also strengthens your mind and spirit. Running builds character through its natural challenges and will help students uncover qualities about themselves that will benefit them in many of life's other elements.

**Come be part of an amazing group!**

Questions? Please reach out to Mrs. Romans- [aromans@ftcpioneers.org](mailto:aromans@ftcpioneers.org).