

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 22nd.

Practices run from 3:30 p.m. to 4:30 p.m. on Monday–Thursday and there will be optional 7am runs on Fridays (football and volleyball players should attend these!) We will meet each day on the high school track.

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

*It is imperative that you check your school email daily for practice and meet communication from Coach Romans

Meet Schedule

Type	Time	Opponent	Location
Thursday, Sep 8, 2022			
Invitational	5:00PM	Away vs. Arlington	Washington County Fairgrounds
Monday, Sep 12, 2022			
Invitational	4:30PM	Away vs. Yutan	Walnut Grove Park
Thursday, Sep 15, 2022			
Invitational	5:00PM	Away vs. Blair	Arbor Park Middle School
Monday, Sep 19, 2022			
Invitational	3:30PM	Away vs. Ashland-Greenwood	Ashland Memorial Stadium
Thursday, Sep 22, 2022			
Invitational	4:30PM	Archbishop Bergan, Arlington, College View Academy, Douglas County West, Elmwood-Murdock, Louisville, Omaha Nation, Papillion-La Vista South, Platteview, Yutan	Fort Atkinson State Historical

Save the Date: Saturday, October 8 is the Junior High State XC Meet at Papillion–LaVista South High School. More details to come.

Transportation

All of our meets coincide with our high school Varsity and JV races. Sometimes we run before them and sometimes after! I will send out more detailed information for each meet as they approach.

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

After each meet, we will generally stop at a fast food place for dinner and return to school around 8:30 p.m.

****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 2022

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! Running 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 other areas of life.

[Come be part of an amazing group!](#)

Questions? Please reach out to Mrs. Romans- aromans@ftcpioneers.org.