

PHS - Boys Cross Country 2018

More information can be gathered from:

Park Hill South office (get physical forms and Impact forms here)
<http://phsboyscrosscountry.yolasite.com> Twitter @LetsGoSouthXC

Head Coach: AJ Roth rotha@parkhill.k12.mo.us Work phone: 359-5782 or cell phone 660.651.7808 Please e-mail Coach Roth to make sure your updated e-mail is on his distribution list.

Runners of all abilities are welcome! We will work with you based on your current physical condition. **ALL ATHLETES MUST RUN A 2 MILE TIME TRIAL UNDER 20 MINUTES TO PARTICIPATE IN OUR FIRST MEET.**



Summer running is fun! We meet each week Monday - Friday (Thursday SR Lead) at various locations in the Park Hill South Area (ELP, Riss Lake, Line Creek Trail, etc.): Led by coaches and/or seniors. Stay in shape this summer and get to know your teammates! This is the best way to start the season out right! Summer conditioning also helps prevent injuries!

PARENT MEETING! July 25th @ Park Hill South Room A102 at 6:00pm. We will address important season information, pasta parties, meet snacks and parent involvement. Please bring completed physical forms and participation fees to the meeting.



If you cannot attend the parent meeting, TURN IN PARTICIPATION FEES AND PHYSICALS AT REGISTRATION on July 25th or 27th.

Monday, August 6th **FIRST DAY OF PRACTICE!!**: Report to Park Hill South at 7:00am. BE ON TIME. We will practice from 7:00-8:30 on Monday-Wednesday, and 6:30-8:00 on Thursday and Friday. ALL athletes must

have a physical on file at PHS by August 1st. All athletes must have 14 practices in prior to participating in our first meet. Sometime in July, PLEASE take your son to get **RUNNING shoes** at a specialty running store (where they will fit your son with the best running shoe for him). The Running Well Store located near Hobby Lobby off of Barry Road, Garry Gribble's Running Sports, KC Running Company or Cycle City.



Tentative Meet Schedule:

Start of Summer Running	Thursday, May 31st
Car Wash Fundraiser-ALL	Saturday, June 2nd
Time Trials - ALL	Saturday, August 19th
Car Wash Fundraiser - ALL	Saturday, August 11th
Tim Nixon Invite	Saturday, September 1st
Ray Pec (9th/JV)	Saturday, September 8th
Blue Springs Invite - ALL	Saturday, September 15th
Rim Rock Farm Classic – Top 14	Saturday, September 22nd(Homecoming Dance)
KC METRO @ RAY PEC - ALL	Saturday, September 29th
Jeff City Top (7-8 runners)	Saturday, September 29th
Conference TBA – ALL	Saturday, October 6th
Open Weekend	
Districts – TBA (Top 7-10 only)	Saturday, October 13th
Sectionals – Liberty (Qualifiers only)	Saturday, October 27th
State – Jefferson City (Qualifiers only)	Saturday, November 3rd
Banquet PHS Commons– ALL	Thursday, November 8th