

**END OF THE YEAR INFORMATION  
CROSS COUNTRY  
2009**

**Saturday, November 7<sup>th</sup> – MHSAA STATE FINALS INFORMATION**

- All girls should show up around 7:50am to pack up on the bus
- **ALL XC RUNNERS SHOULD BRING YOUR DRI-FIT AND/OR PUMA TOP**
- Send off begins at 8:15am (Outside Jimmy Gerken Plaza) – Drumline and police escort
- We hope to depart on the charter bus by 8:30am
- All are invited on charter bus to travel down – **A FEW REMINDERS**
  - Breakfast on the bus!!! Bring your own to pass around the team.
  - Girls Race 1:30pm – MIS Speedway (Brooklyn, MI)
  - Celebratory Dinner – Brann's Steakhouse on 28<sup>th</sup> Street – 6:30pm
  - Bus is estimated to arrive at Brann's between 6:30pm - 7:00pm and the bus will return around 9:15pm to the high school
    - All parents/families/runners are invited
      - Please RSVP Pam Clifford at [pamclifford78@yahoo.com](mailto:pamclifford78@yahoo.com) or call 957-3231 by Friday, November 6<sup>th</sup> so we can get an idea of numbers needed to reserve tables.
    - State runners – school pays, remaining runners – responsible for cost

**EQUIPMENT TURN-IN / END OF YEAR MEETINGS**

- Bring ALL WASHED equipment / various uniforms, dri-fits, tights, Adidas long sleeves, bags, and UnderArmour yellow shirt, or anything that doesn't belong to you. **PUT ALL ITEMS IN A BAG WITH YOUR NAME IN IT.**
- If you owe \$\$\$\$ for gear or equipment – please pay at this time
- Discussing season and future running opportunities
- Voting on team awards and **CAPTAINS FOR NEXT YEAR**  
**Tuesday, November 10<sup>th</sup>**
- Freshmen – 3:15pm – 3:50pm
- Sophomores – 3:50pm – 4:30pm
- Juniors – 4:30pm – 5:00pm
- Seniors – 5:00pm – 6:00pm

**CHRISTMAS TREE SALE**

- Wednesday, December 9<sup>th</sup> and Monday, December 14<sup>th</sup> (5:00pm – 8:00pm)
- **EVERYONE** must plan to be in attendance for one of the dates and sign up for one shift. Shifts are about 1 ½ hours each.
- Sign-up sheets will be located outside Mr. Hopkins room.

**CROSS COUNTRY BANQUET**

- **SAVE THE DATE** - Kent Country Club - Wednesday, November 18<sup>th</sup> 2009 – 6:00pm
- \$16.00 per person / please RSVP to Maddie Vaughn 350-1753, Breezy Clifford 957-3231, or Kat Stubbs 247-1748 by November 8<sup>th</sup>
- Dress attire please!!!

**YEAR ROUND TRAINING OPPORTUNITIES**

- Low key winter running 2-3 days a week beginning later in November
- Pre-season track training will officially begin after semester exams.
- Indoor meet opportunities begin in early January
  - GVSU has a brand new 300m indoor facility – one of the best facilities in the nation!
  - They will host many meets from January through March – great way to give purpose to training.
  - Don't forget some fun road races – Resolution Run, Heart and Sole Run, and Irish Jig!!