

3rd – 8th Cross Country – Summer/Fall 2019 Information

1. Summer – Cross Country Summer Runs (3rd – 8th Grades)

- a. Student's entering 3rd– 8th grade for the 2019 – 2020 school year are welcome and encouraged to attend. Coach Amy Clevenger would love to begin preparing you for the fall 2019 Cross Country season. You don't want to miss out on the trip to Sonic for a drink each session as well!! This is included in the \$6.00 weekly fee to attend.
- b. **Coaches Contact Information:** Amy Clevenger (Amy.Clevenger@oakhilldayschool.org)
- c. A *google doc will be used as a sign-up sheet for summer open runs*. Please go to the link listed below to access the online sign-up sheet. On the sign-up sheet you may request to Bill Acct./Pay Cash). If paying with cash you may drop payments off with Coach Clevenger at open runs.
<https://docs.google.com/spreadsheets/d/1z3NRIXpuPIY7Tz-Q2YA6Q6uOmc6XoG3CL74WA4DIII4/edit?usp=sharing>

If you would like the google doc link emailed to you please email Coach Smith @ Kellen.Smith@oakhilldayschool.org or Coach Amy Clevenger @ Amy.Clevenger@oakhilldayschool.org
- d. **Cost: \$6.00** per athletes to attend each individual open gym session. Runners will meet Coach Clevenger in the gym at 4:45pm on open run days!
- e. **Open Runs** - Will meet on the following dates; *June 12th, June 26th, July 11th, July 24th, and July 30th (4:45pm – 5:30pm)*
- f. Open runs are a great way to get a head start on preparing for the fall 2019 Cross Country season. It is a great way to get to know your coaches, and hopefully some of your future teammates. Student's interested in running are encouraged to attend.

2. Pre-Season Checklist

- a. **Online Athletic Registration:** Prior to the 1st day of practice please go online and register for the fall sport you are planning to participate in. Online registration will be available beginning on August 1st, 2019. Link below: www.oakhilldayschool.org/teamregistration
- b. **Sport Physicals:** Each athlete must have an updated sports physical on file here at Oakhill with Nurse Cathy/Coach Smith prior to the 1st day of practice. Sport physicals are valid for one year. All sport physical forms should be uploaded electronically into the students' online health system here at Oakhill. You will not be allowed to practice or play in a game until you have an up to date sport physical on file here at the school.

A copy of the sport physical form may be found on the Hub by clicking on the "Athletics" tab, clicking on "Resources", and then you will click on the link to the sport physical form.

- c. **Athletic Calendar:** The athletic calendar is your hub for all practice/game schedule information. Please go online to the Oakhill Day School website and access the athletic calendar to get the

most up to date information. Once you access the athletic calendar you will want to sign up for alerts for MS Girls Volleyball. This will allow you to be notified via text or email anytime a change is made to the athletic calendar (you must request to be sent these alerts). If you have questions regarding the athletic calendar and signing up for alerts please email Coach Smith @ Kellen.Smith@oakhilldayschool.org.

- i. If the Cross Country practice/meet schedule is not showing up on your athletic calendar you will need to change your calendar settings. To do that, you will begin by clicking on the “eyeball” at the top of the athletic calendar. Once you click on the eyeball, you will want to scroll down through all the sports and check the boxes of the teams you want to show up on your athletic calendar. This will help control what information shows up on your athletic calendar. Coach Smith would be happy to assist you with getting this set-up if needed.
- d. **Twitter:** If you have a twitter account please be sure to give us a follow on our Oakhill Athletics twitter page. We try to post pictures from games, schedule changes, results, etc. If you would like to follow Oakhill Athletics, our twitter handle is listed below:
[@OakhillPanthers](https://twitter.com/OakhillPanthers)
- e. **Please Note:** Please do not use the calendar attached to this packet as your schedule resource when practices begin in the fall. This is subject to change over the summer. This packet is attached to give you an idea of when practices will be, and to give you a general layout of the schedule for the season. Please reference the athletic calendar beginning August 1st, 2019 for your most up to date and accurate athletic schedules.
- f. **Cross Country Meets:** The team will compete in 6 – 7 meets throughout the fall.
 - i. **PLKC Meets:** League meets are typically scheduled for Monday’s beginning in September. There are 4 PLKC league meets that the team will participate in. The 4th meet is always the City Championship Meet!
 - ii. **Other Meets:** The Cross Country team will also participate in 2 – 3 additional meets outside of the Parochial League. In the fall of 2019 we plan to participate in a meet at Pembroke Hill, The Barstow School, and Hyman Brand.

June 2019

Cross Country – Summer Open Run Schedule

June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12 Cross Country Open Run (4:45pm – 5:30pm)	13	14	15
16	17	18	19	20	21	22
23	24	25	26 Cross Country Open Run (4:45pm – 5:30pm)	27	28	29
30	Coach Clevenger will meet all runners in the gym @ 4:45pm on Open Run days!					

July 2019

Cross Country – Summer Open Run Schedule

July 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 Cross Country Open Run (4:45pm – 5:30pm)	12	13
14	15	16	17	18	19	20
21	22	23	24 Cross Country Open Run (4:45pm – 5:30pm)	25	26	27
28	29	30 Cross Country Open Run (4:45pm – 5:30pm)	31	Coach Clevenger will meet all runners in the gym @ 4:45pm on Open Run days!		

August 2019

Middle School Girls Volleyball/MS Cross Country – Practice Schedule (subject to change)

August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	15 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	16	17
18	19 MS Girls VBall Practice (4 – 5:30pm)	20 MS Girls VBall Practice (3:45pm – 5:00pm) MS Cross Country Practice (3:45pm – 5:00pm)	21 LS Parents Night NO PRACTICES	22 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	23	24 7 th /8 th Girls VBall Pre-season Jamboree @ Rock Chalk Pavilion – Lawrence, KS (8am – 1:00pm)
25	26 MS Girls VBall Practice (4 – 5:30pm)	27 MS Girls VBall Practice (4:00pm – 5:30pm) MS Cross Country Practice (4:00pm – 5:30pm)	28	29 MS Cross Country Practice (4 – 5:30pm) MS Girls VBall Practice (4:00pm – 5:00pm)	30	31

Athletic Calendar: The online athletic calendar is your resource for the most up to date and accurate practice schedules/game schedules. Please sign up for alerts via the athletic calendar. This will ensure you are notified of any changes made to the athletic calendar. This is a tentative schedule, which is subject to change at any time. Please follow the online athletic calendar for any changes.

September 2019

Middle School Girls Volleyball/MS Cross Country – Practice Schedule (subject to change)

September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 LABOR DAY NO PRACTICES	3 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	4	5 MS Cross Country Practice (4 – 5:30pm) MS Girls VBall Practice (4 – 5:30pm)	6	7
8	9 MS Girls VBall Practice (4 – 5:30pm)	10 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	11	12 MS Cross Country Practice (4 – 5:30pm) MS Girls VBall Practice (4 – 5:30pm)	13	14
15	16	17	18	19	20	21
7th Grade Grand Canyon Trip (Sept. 16th – 19th)						
		MS Cross Country Practice (4 – 5:30pm)		MS Cross Country Practice (4 – 5:30pm)		
22	23 MS Girls VBall Practice (4 – 5:30pm)	24 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	25	26 MS Cross Country Practice (4 – 5:30pm) MS Girls VBall Practice (4 – 5:30pm)	27	28
29	30 MS Girls VBall Practice (4 – 5:30pm)	Athletic Calendar: The online athletic calendar is your resource for the most up to date and accurate practice schedules/game schedules. Please sign up for alerts via the athletic calendar. This will ensure you are notified of any changes made to the athletic calendar. This is a tentative schedule, which is subject to change at any time. Please follow the online athletic calendar for any changes.				

October 2019

Middle School Girls Volleyball/MS Cross Country – Practice Schedule (subject to change)

October 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	2	3 MS Cross Country Practice (4 – 5:30pm) MS Girls VBall Practice (4 – 5:30pm)	4	5
6 Stage Goes up in Gym thru October 18 th	7 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	8 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	9 MS Drama Performance @ 7:00pm NO PRACTICES	10 Red Barn Farm @ 4:30 – 8:30pm NO PRACTICES	11	12
13	14 MS Girls VBall Practice (4 – 5:30pm)	15 MS Girls VBall Practice (4 – 5:30pm) MS Cross Country Practice (4 – 5:30pm)	16	17	18	19
6th Grade Heifer Trip (Oct. 16th – 18th)						
20	21	22	23	24	25	26
27	28	29	30	31		

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