



Welcome to Intramural Cross Country!



Mr. Reimann (823-4742) or MJReimann@troy.12.mi.us

Practice is from 3:10-4:00

Date	Type of Run
Wed. Sept. 5	Meeting/Light Run
Fri. Sept. 7	Long Run 2-3 miles
Mon. Sept. 10	Workout
Wed. Sept. 12	Recovery Run
Mon. Sept. 17	Ladder Workout
Wed. Sept. 19	Recovery Run
Mon. Sept. 24	Track Workout
Mon. Oct. 1	Fun Run
Wed. Oct. 3	Easy Run
Tues. Oct. 9 Troy High School TIME: 5:30 Girls 6:00 Boys	Race Day!

Rules to Remember

1. Need a physical* on file or participation form.
2. Wear proper shoes and attire. Running watch is recommended.
3. Be safe, be aware of your surroundings, and protect yourself (cars, dogs, falling branches, weird people, etc.)
4. Run on sidewalks and grass only! Do not run in the road! Run smart.
That means crossing at traffic signals only.
5. Run in groups and pairs. Do not leave others behind. We are a team!!
6. Change before practice and meet outside by the track. We will begin at 3:10.
7. Parents pick up in the front of the school at 4:00.



10 THINGS THAT REQUIRE ZERO TALENT

BEING ON TIME

WORK ETHIC

EFFORT

BODY LANGUAGE

ENERGY

ATTITUDE

PASSION

BEING COACHABLE

DOING EXTRA

BEING PREPARED