

# Olney Cross Country Club 2022

[www.olneyccc.org](http://www.olneyccc.org)

Dear Olney Cross Country new and returning families,

Coaches Vassili, Gretchen, Anne and Michele hope you are all staying well and safe during this time of pandemic. We are excited to begin a new season in 2022. Although we will have to wait until later in the summer to provide details on the logistics of the weekly workouts, we do have some tentative dates for planning purposes.

**OLNEY CROSS COUNTRY CLUB WILL HOLD WORKOUTS STARTING MONDAY, AUGUST 15, 2022**

AT THE MONTGOMERY COUNTY AGRICULTURAL HISTORY PARK  
(18400 Muncaster Rd., Derwood, MD 20855).

We will hold a pre-season information session on **MONDAY, AUGUST 8** for new families who have questions about the Club, practices or other issues. We will meet at the **AGRICULTURAL HISTORY PARK at 5:30 p.m.** in the upper parking lot near the administrative buildings.

THERE WILL BE **A FEE of \$45 per runner** TO PARTICIPATE. To register your child/children please fill out the [waiver/information form](#) and email it to [olneyccc@gmail.com](mailto:olneyccc@gmail.com)

PRACTICE WILL BE **MONDAY, WEDNESDAY AND FRIDAY FROM 5:15 TO 6:15 PM.**  
Please make sure you pick your child up promptly at 6:15 if you are not planning to stay for the practice.

Please review the sheet on [expectations of runners and parents](#) to understand the rules we all need to follow to ensure that all runners get the most from the practices.

The club will take measures to comply with Maryland and Montgomery County health guidelines. We are pleased that through the efforts of individuals, Montgomery County and the state, the rate of COVID infections has decreased significantly. However, we still need to exercise caution this summer and fall and follow whatever local restrictions are in place.

I. **Precautions** we need for all participants and parents to take.

- If you or anyone in your household has symptoms associated with Covid19 or is feeling poorly, do not bring your child to the workout. We need everyone to agree to this for the safety of all.
- Olney Cross Country Club may add precautions based upon the County and State health mandates in effect during the season.
- Please keep any dogs you bring to practice on leash at all times. If younger siblings or family members want to attend practice, they need to be supervised by an adult. Coaches cannot be responsible for runners who are not officially signed up for the club.

II. All families should bring the following items to practices:

Please bring a signed general waiver for all youth runners who will be participating. (Payment for fees will be available through the [OlneyCCC.org](http://OlneyCCC.org) website.)

- Filled water bottles **clearly labeled with the runner's name**, even if it is a disposable bottle from the store. Be sure to take home water bottles, towels, clothing belonging to you or your runner at the end of practice. We often have to pick up abandoned items.
- Have your child fitted with proper running shoes. Please **do not** send them to run in their play sneakers. Kids running shoes can be purchased through RnJ Sports on Parklawn Drive in Rockville, or any other running store.
- Hand sanitizer and towels for your runners.

II. Practice logistics: We are hopeful that we can return to the pre-COVID workouts. Parents are welcome to participate in the warm-up activities and long runs with the younger runners.

- All runners will begin practice with a **1K warm-up jog** around the perimeter of the field.
- All runners will do **form drills** led by coaches and older, experienced runners. These include high knees, butt kicks, strides, cariocas.
- **Group workouts** will vary each practice to include hill repeats, speed drills, and distance runs.
- **A post-workout group stretch** will be held. Runners may stretch on their own, provided they maintain a 6-foot distance from other runners.

### III. Meets with other clubs

Please check the link to the [current meet schedule](#).

### IV. OLNEY CROSS COUNTRY home meet

The Olney CCC meet is planned for the last Sunday in September. We have applied for a permit from Montgomery County Parks to hold the meet at the Agricultural History Farm Park. To put on a safe and successful meet, we will need a lot of parents and families to volunteer. More information will be provided once we know how the meets will be managed, for timing and fee payment. We and the other Olney Cross Country families appreciate your cooperation with these rules.

Coach Vassili, Coach Gretchen, Coach Anne and Coach Michele