

Olney Cross Country Club 2023

www.olneyccc.org



Dear Olney Cross Country new and returning families,

Coaches Vassili, Gretchen, Anne and Michele hope you all are staying well and safe. We are excited to begin the 2023 Cross Country Season. Below are dates for planning purposes.

OLNEY CROSS COUNTRY CLUB WILL HOLD WORKOUTS **STARTING MONDAY, AUGUST 14, 2023** AT THE MONTGOMERY COUNTY AGRICULTURAL HISTORY PARK (18400 Muncaster Rd., Derwood, MD 20855).

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.

TO REGISTER your child/children please visit our [Join Us](#) page and follow the all the instructions.

- Fill and submit the registration form for your runner(s)
- Pay the season fees of \$45 per runner
- Fill, sign, and return the General waiver form
- Read Expectations of Olney Cross Country participants

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 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 Covid or is feeling poorly, do not bring your child to the workout. We need everyone to agree to this for the safety of all.
- If you bring your dog(s), please keep it/them 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:

- 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.
- Have your child fitted with proper running shoes. Please **do not** send them to run in Crocs or other their play sneakers.
- Towels for your runners.
- Bug spray or sunscreen (optional)

II. Practice logistics: 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, etc.
- **Group workouts** will vary each practice to include distance runs (Mondays), hill repeats (Wednesdays) and, speed drills (Fridays).
- **A post-workout group stretch** please bring a towel or blanket to sit on, as most stretches require sitting on the ground.

III. Meets with other clubs

Dates and locations for 2023 season meets can be found on the OlneyCCC.org [schedule site](#). The coaches will announce each week which meet Olney CCC will attend and will update the schedule if there are any changes.

Thank you for being part of our Olney Cross Country community,
Coach Vassili, Coach Gretchen, Coach Anne and Coach Michele