



# OLNEY XC

YOUTH CROSS COUNTRY



## PRACTICE REMINDERS

COME PREPARED. STAY SAFE. DO YOUR BEST!

### PLEASE BRING THE FOLLOWING ITEMS TO PRACTICES:



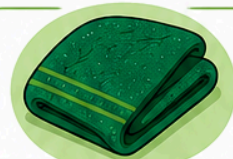
#### FILLED WATER BOTTLES CLEARLY LABELED *with the runner's name*

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.



#### PROPER RUNNING SHOES

Have your child fitted with proper running shoes. **Please do not send them to run in Crocs or other play sneakers.**



#### TOWELS or MATS

Towel or mat for your runners for post workout stretching (optional).



#### BUG SPRAY OR SUNSCREEN (OPTIONAL)



#### APPROPRIATE CLOTHING FOR THE WEATHER

Lightweight athletic shirt and running shorts for warm weather running. Appropriate gear for cold weather running.



#### POSITIVE ATTITUDE, EFFORT, RESPECT & SPORTSMANSHIP

Bring your best every day!



Thank you for helping our team stay healthy, prepared, and ready to run!



TEAMWORK. EFFORT. FUN.  
*Go Olney XC!*

