

FORT ATKINSON CROSS COUNTRY

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Welcome to the 2019 Fort Cross Country team! There are some things that you need to have completed before the season begins. See below.

1.

PHYSICALS

Good for two years
SCHEDULE ONE NOW!!

2.

PARENT MEETING

For ALL parents and CC runners. Details to follow.
(Monday, August 19 at High School)

3.

SHOES

Good quality RUNNING shoes,
NOT CROSS TRAINERS
QUESTIONS? Check website or ask ☺

4.

**RUN IN THE SUMMER
THIS IS IMPORTANT.**

Run with people.
SUMMER SCHEDULE ATTACHED!!
FILL IT OUT ALL SUMMER!!!
Come to group runs

5.

OVERNIGHT TRAINING CAMP

Everyone expected to participate! Tell employers now!
August 21, 22, 23 (Wednesday-Friday)

It's very exciting that you are interested in joining Fort Cross Country. If you have any questions at all, please contact me, Coach Westby. My cell phone is 728-3551 or email at westbyc@fortschools.org. Also, check out our website at www.fortcrosscountry.org.

Run well,

Chick Westby, coach

Chris Reed, coach

Megan Agnew, coach

FIRST DAY OF PRACTICE IS MONDAY, AUGUST 19

Summer group runs will be

Wednesdays, at 8:00 AM

Meet by pool doors at High School

(LOCATION MAY CHANGE)

Wyalusing State Park

Save the date for the...

2019

Fort Cross Country Training Camp

August 21, 22, 23, 2019

Wyalusing State Park
Bagley, Wisconsin

Cost \$50.00 per runner

Includes all meals, transportation, indoor lodging
running education and team building!

Set aside the dates right now! Tell employers!



FORT
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CROSS
COUNTRY

I WANT TO SEE THIS CHART ON AUGUST 19!!!!
WEEKLY CALENDAR
SUMMER 2019

INSTRUCTIONS: I have included the amount of time in minutes you should run each day. If you want to cross train, a bike ride that is THREE TIMES as long can substitute. In the open space below the time, write in what you ACTUALLY do.

WEEK	M	T	W	R	F	S	S	TOTAL
WEEK 1 June 17-23	walk	15	15	walk	10	walk	25	60
WEEK 2 June 24-30	walk	15	20	walk	12	walk	30	72
WEEK 3 June 25-31	walk	15	20	walk	12	walk	30	72
WEEK 4 July 1-7	walk	20	25	walk	15	walk	35	90
WEEK 5 July 8-14	walk	15	20	walk	12	walk	30	72
WEEK 6 July 22-28	walk	20	25	walk	15	walk	41	96
WEEK 7 July 29-Aug 4	walk	20	27	walk	20	walk	45	108
WEEK 8 August 5-11	walk	20	30	walk	20	walk	50	120
WEEK 9 August 12-18	walk	20	25	walk	15	walk	41	96



**Fort Atkinson High School
Cross-Country
2019**

BUS TIME

Monday	8-19-19	Practice Begins	HS Commons	7:50 A.M. (no bus)
Wednesday	8-21-19	Wyalusing Camp	by pool doors	8:00A.M.
Friday	8-23-19	Return from Camp		3:00 P.M.
Tuesday	8-27-19	Possible Practice Meet	Home	TBD
Saturday	8-31-19	Watertown Inv.	Away	7:30 A.M.
Saturday	9-07-19	Verona Inv.	Away	6:45 A.M.
Thursday	9-12-19	East Troy Inv.	Timber-Lee	2:00 PM
Tuesday	9-17-19	Badger Challenge	TBA	2:00 P.M.
Saturday	9-21-19	<i>Open practice</i>	Fort	TBD
Saturday	9-28-19	Muskego Invitational	Muskego	7:15 A.M.
Saturday	10-05-19	<i>Training Day</i>	Home	8:00 A.M.
Thursday	10-10-19	Home Invite	Home	3:00 P.M.
Friday	10-19-19	Badger Conf. Meet	HOME!	TBD
Saturday	10-26-19	W.I.A.A. Sectional	Nagawaukee Park	TBD
Saturday	11-02-19	W.I.A.A. State Meet	Ridges Golf Course WI Rapids	