

B TTC Cross Country Practice/Meet Schedule

*Tuesdays, Thursdays 6:00-7:00 pm

**Saturdays 10:00-11:00 am

* Weekday practice times will be adjusted when Daylight Savings time ends to accommodate for lighting.

** Saturday practice will NOT be held on weekends with a Saturday or Sunday meet.

September			October			November	
Tue 1	Stephens		Thur 1	Smithton		Tue 3	Philips
Thur 3	Stephens		Sat 3	MEET		Thur 5	Smithton
Sat 5	Stephens		Tue 6	Stephens		Sun 8	MEET
Tue 8	Stephens		Thur 8	Philips		Tue 10	Smithton
Thur 10	Stephens		Sun 11	MEET		Thur 12	Philips
Sat 12	MEET		Tues 13	Smithton		Sat 14	Gans
Tue 15	Stephens		Thur 15	Stephens		Tue 17	Smithton
Thur 17	Philips		Sat 17	Philips		Thur 19	OFF
Sun 20	MEET		Tues 20	Smithton		Sat 21	MEET
Tue 22	Stephens		Thur 22	Stephens			
Thur 24	Smithton		Sun 25	MEET			
Sat 26	MEET		Tue 27	Stephens			
Tue 29	Philips		Thur 29	Stephens			
			Sat 31	Stephens			
Practices:		Meets:					
Smithton = Smithton Park (3501 W. Worley St.)		Sept 12 @ CMAC Developmental Columbia					
*meet at gravel track on parking lot side		Sept 20 @ CMAC Fulton High School					
Stephens = Stephens Lake Park (2001 E. Broadway)		Sept 26 @ CMAC Mexico Green Estate Park					
*turn right at the "Y" when entering the park off Broadway unless informed otherwise		Oct 3 @ CMAC Hannibal Lagrange Golf Course					
Philips = A. Perry Philips Park (5050 Bristol Lake Pkwy.)		Oct 11 @ CMAC Moberly Rothwell Park					
*meet in grassy area next to parking lot		Oct 25 @ CMAC Champs Gans XC Course					
Gans = Gans Creek Cross Country Course (3350 E. Gans Rd.)		Nov 8 @ CCCNYC Regional Grain Valley					
*meet near the shelter beyond the finish line		Nov 21 @ Nationals - Cedarville, Ohio					

— Notes —

- **Hard workouts:** Tues, Thurs & Sat. Wear regular training shoes. Bring spikes if you have and need to work in them.
- **Easy runs:** 2-3 days/wk ON YOUR OWN!! Follow the same time limits we use in practice.
- A full schedule of workouts will be provided for the entire season. Check there to see what to do if you can't make it to practice.
- Also, on your off days, don't forget to:
 - a) do ab / core work
 - b) practice your arm swings in the mirror
 - c) practice running in place in the mirror landing on the balls of your feet
- Make drinking water a priority each day. Drink a glass when you wake, drink throughout the day, then a glass before bed.
- Eat like an athlete! Junky food makes for junky performances and practices.
- Practices in green are CMAC all-squad practices in which members of other clubs can join us.
- Practice highlighted in orange is tentative, and could switch locations at a later date.

Remember to always bring drinking water to practice!

Remember to take care of your restroom needs prior to practice!