



2024

SEPTEMBER
CONSISTENCY IS KEY

SUN	MON	TUE	WED	THU	FRI	SAT
AUGUST 25	AUGUST 26	AUGUST 27	AUGUST 28	AUGUST 29	AUGUST 30	AUGUST 31
			XC Student Information Meeting 3:00-3:30 PM			
1	2	3	4	5	6	7
Week 1	Labor Day No School	*Turn In Permission Slips*	XC Kick Off Practice 3:00-4:30 PM *Turn In Permission Slips*	XC Practice 3:00-4:30 PM *Turn In Permission Slips		
8	9	10	11	12	13	14
Week 2	XC Practice 3:00-4:30 PM		XC Practice 3:00-4:30 PM	XC Practice 3:00-4:30 PM		Optional Trail Run
15	16	17	18	19	20	21
Week 3	XC Practice 3:00-4:30 PM		XC Practice 3:00-4:30 PM	Race @ Caper Acres Chico Jr vs. Nord, Notre Dame, Paradise Jr, Providence, CCDS 3:45 Girls Start 4:05 Boys Start		Optional Trail Run
22	23	24	25	26	27	28
Week 4	XC Practice 3:00-4:30 PM		XC Practice 3:00-4:30 PM	Race @ Hooker Oak Chico Jr vs. Marsh, Paradise Jr, Nord, Providence 3:45 Girls Start 4:05 Boys Start		Optional Trail Run

REMINDERS

- **Don't forget your running shoes**
- Eat a healthy breakfast and lunch
- Pack a snack bar for post run refueling
- Hydrate with water and electrolytes. Drink half you body weight in ounces every day.
- Bring a positive attitude, be kind and courteous
- Be ready to run, work hard & at practice by 3:05 PM
- Leave your cell phone in your locker.
- Be Safe - Follow all traffic laws, run with a partner and stay on the described route

Parents will need to provide transportation to races at Hooker Oak Park

STRENGTH

Core Workout

30-60 Seconds Each

- Sit Up + Cross Over
- Plank (Left, Center, Right)
- Single Leg Bridge
- Flutter Kicks
- Mt. Climbers

Body Strength

- 5-10 X Single Leg Deadlift
- 5-10 X Pistol Squat
- 5-10 X Single Leg Calf Raises
- 10-20 X Push Up
- 10-20 Frog Jump
- 10-20 Lunges

RECOVERY

- Refuel & Rehydrate - Eat Healthy
- Rest - An athlete needs 9-10 hours of sleep every night
- Stretch & foam roll at home

If you are experiencing pain, communicate with a coach



2024

OCTOBER
CONSISTENCY IS KEY

SUN	MON	TUE	WED	THU	FRI	SAT
SEPT. 29 Week 5	SEPT. 30 XC Practice 3:00-4:30 PM	OCT. 1	2 XC Practice 3:00-4:30 PM	3 Race @ Hooker Oak Chico Jr vs. Bidwell Jr, CCDS, Notre Dame, Paradise Charter 3:45 Girls Start 4:05 Boys Start	4	5 Optional Trail Run
6 Week 6	7 XC Practice 3:00-4:30 PM	8	9 XC Practice 3:00-4:30 PM	10 RACE @ Butte College All Schools Event 4:20 Jr High girls 4:40 Jr High boys 5 PM Open Elementary School Aged Race	11	12 Optional Trail Run
13 Week 7	14 XC Practice 3:00-4:30 PM	15	16 XC Practice 3:00-4:30 PM	17 XC Practice 3:00-4:30 PM	18	19 RACE @ Hooker Oak Chico High Autumn Cross Country Invite 1:00 PM boys 1:25 PM girls
20 Week 8	21 XC Practice 3:00-4:30 PM	22	23 XC Practice 3:00-4:30 PM	24 XC Championships All Schools 6th Grade 3:45 PM 7th Grade 4:05 PM 8th Grade 4:25 PM Hooker Oak Park	25	26
27	28	29	30 End of Season Celebration 3:00 - 4:30 PM @ Caper Acres. Parent Pick Up at Caper Acres	31	NOV. 1	NOV. 2

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