

The word "RICE" is rendered in a stylized, blocky font. The letter "R" is on the left, followed by "I", "C", and "E" on the right. The letters are filled with a dark grey color and have a thin blue outline. The "R" has a jagged, arrowhead-like shape on its left side. The "I", "C", and "E" are more rectangular but still have a blocky, geometric appearance. The entire word is set against a dark blue background with light grey, jagged, starburst-like shapes behind it.

**RICE**

The word "SUMMIT" is written in a bold, white, sans-serif font. It is centered within a dark grey, rounded rectangular box that has a thin blue outline. The box is positioned below the "RICE" logo. The background behind the box is dark blue with light grey, jagged, starburst-like shapes.

**SUMMIT**

# What is Cross Country?

- ▶ Cross Country is an outdoor running sport with races no longer the 5k.
- ▶ The races take place over natural terrain, often including grass, dirt, and gravel.
- ▶ It is a fall season sport, but training takes place year round!

# Why Cross Country?

- ▶ Glorify God
- ▶ Everyone can do it
- ▶ All ability levels get to compete
- ▶ Great way to get in shape
- ▶ Great way to stay in shape...especially for other sports
- ▶ Individual and team sport
- ▶ Training teaches you to push yourself
- ▶ Multiple accomplishments throughout the season
- ▶ Lifelong friendships are made

# Pre-School Schedule

- ▶ Consistent training is the key!
- ▶ Monday, Wednesday, Friday
- ▶ Tuesday/Saturday or Thursday/Saturday own your own!!! This is VERY IMPORTANT!!!
- ▶ Be sure to bring water!
- ▶ Make sure to wear running shoes
- ▶ Everybody needs a digital watch.

# Log your runs

- ▶ Make sure to log all runs.
- ▶ It's a great way to see your improvement.  
You will improve!!!

SUMMIT

# Really fun dates!

- ▶ July 21<sup>st</sup> - Rattlesnake Run and hang out.
- ▶ July 26<sup>th</sup> - Summit Biathlon
- ▶ July 31<sup>st</sup> - Summit 5k Race
- ▶ Pool Party TBD

SUMMIT

The background features a dark blue color with a large, faint, light blue graphic. The graphic consists of the number '200' at the top, the word 'SUMMIT' in a stylized font below it, and a banner-like shape at the bottom. The text 'Once School Starts August 21st' is overlaid in white, bold, sans-serif font.

**Once School Starts  
August 21st**

# Practices

- ▶ Will be immediately after school
- ▶ Will be close to school
- ▶ Students can be picked up at 4:30. Some days will be longer, that will be communicated
- ▶ Monday-Thursday (running Friday is still encouraged)
- ▶ Long Runs on Saturday on your own or with a group
- ▶ Do not run on Sunday
  
- ▶ Students will need
  - ▶ Water bottle
  - ▶ Appropriate clothing
  - ▶ Appropriate shoes



# Meets

- ▶ We will leave school together.
- ▶ Students will be required to check with their teacher for missed assignments.
- ▶ There are 4-5 meets
- ▶ There is a 6th meet for league playoffs. Top performers only.
- ▶ There is a chance for Districts and State, should we qualify as a team or as individuals.
- ▶ Students can be picked up from meets or picked up at school when we return.
- ▶ They will need about \$10 for food for each meet.

# Schedule

Date	Time	Meet	School	Location
Wednesday Sept. 14 <sup>th</sup>	4PM	SeaTac League Meet 1 (Eagle Invite)	<i>Pope John Paul II</i>	@St. Martin's University
Tuesday Sept. 20 <sup>th</sup>	4PM	SeaTac League Meet 2	<i>Auburn Adventis</i>	@Auburn Adventist
Wednesday Sept. 28 <sup>th</sup>	4PM	SeaTac League Meet 3	<i>Crosspoint</i>	@Erland Point Reserve
Wednesday Oct. 5 <sup>th</sup>	4PM	SeaTac League Meet 4	<i>Tacoma Baptist.</i>	@Wapato Hills Park
Wednesday Oct. 12 <sup>th</sup>	4PM	SeaTac League Meet 5	<i>Northwest Yeshiva</i>	@Seward Park
Thursday Oct. 20 <sup>th</sup>	4PM	SeaTac League Championship	<i>Crosspoint</i>	@Kitsap Golf & Country Club
Thursday October 27 <sup>th</sup>	TBD TBD	Boys District Girls Districts	<i>Ft. Steilacoom?</i> TBD	@ Ft. Steilacoom? TBD
Saturday November 5 <sup>th</sup>	TBD	WIAA State Championship	<i>State Qualifiers</i>	@Pasco, WA

# What's next?

- ▶ Fill out all the final forms documents (August 1)
- ▶ Sports physical (ASAP). Can't practice until you have it. Not needed for Summer practices.
- ▶ Pay fee
- ▶ Tell other students! The more runners the better!

The background features a dark blue gradient with a faint, light blue graphic. At the top center, the year '2022' is displayed in a large, outlined, serif font. Below it, the word 'SUMMIT' is written in a smaller, solid, outlined, serif font. The entire graphic is framed by a starburst or ribbon-like shape with multiple points extending outwards.

Questions?



**SUMMIT**

# Cost

- ▶ \$275
- ▶ Includes
  - ▶ 12-15 hours of summer practice
  - ▶ 60 hours of in school practice
  - ▶ 4-8 meets depending on qualification
  - ▶ Travel expenses
  - ▶ Mentoring
  - ▶ Discipleship
  - ▶ Lifelong memories