



2019 Runnin' Rattlers



Welcome to the 2019 Runnin' Rattler Cross Country team!

This year I would like to try and start a new weekly team update. The goal is to help communicate and get information out each Sunday about the upcoming week, including practice information, meet information, runner of the week announcement, and any other important reminders. Hopefully as we move throughout the season this helps clear up any confusion and helps parents stay in the loop!

This week we will be starting a brand new school year and I am excited to finally get to bring the whole team together. **Monday morning we will have no practice, we will cover the expectations for the season and set our team goals!** After school, we will assign lockers & handout uniforms (Only to those with a physical). This week we will race in the Hippensteel Invitational, the race is 3,000m (1.86 miles) and is where we start every season. It is typically hot and dry, I recommend kids bring an extra water bottle and towel with them. **After the race we will go to Krause's for some BBQ and team bonding! This is a tradition and I recommend that all kids come and families are welcome to join! (Please bring money, \$20-25).**

Important Reminders:

August 26th: First day of School!
Welcome back team!

August 31st: Lockhart Invitational-
@ Lockhart City Park

Last Weeks Celebration!

Finished the summer training with a bang!

A lot of Rattlers competed and ran in the 2019 ROTC Rattle 5k!

Practice Schedule		
	Morning	Afternoon
Monday	No practice	4:20-5:20
Tuesday	6:45 - 8:50	No Practice
Wednesday	6:45 - 8:50	4:20 - 5:20
Thursday	6:45 - 8:50	No Practice
Friday	6:45 - 8:50	No Practice
Saturday	RACE!!!	No Practice
Sunday	No Practice	No Practice

This weeks race:

The Hippensteel Invitational @ Lockhart City Park:

Date: Saturday, August 31, 2019

**Location: Lockhart City Park-
504 E City Park Rd, Lockhart, TX 78644**

Times-

Varsity Girls: 8:50am

Varsity Boys: 9:30am

Jv Girls: 9:50am

Jv Boys: 10:10am