



# REYNOLDS RAIDERS CROSS-COUNTRY 2023



## JOIN OUR BAND – This is how we will be able to communicate this summer!

We use and app call BAND to communicate and to notify athletes AND parents of important information, dates, practice times and other events. By joining our **BAND**, you will not miss out on off-season runs, athlete led activities and the start of official practice.

To join, create a **BAND** account using your computer or the **BAND** App on your phone. On your computer go to: <https://band.us> or download the **BAND** App on your phone:

Once you have your account, use the QR Code to request to join our **REYNOLDS XC** group. Athletes AND Parents are encouraged to join!



Reynolds XC

This is for members and parents of members ONLY. It will be used for communicating with

[Scan this QR code and join!](#)

## GET YOUR SPORTS CLEARANCE DONE BEFORE THE FIRST DAY OF PRACTICE

Our first day of official practice is MONDAY, AUGUST 14<sup>th</sup>. You will need to be cleared to practice before that date. Information on sport clearance is online at: <https://www.reynolds.k12.or.us/rhs/athletic-clearance-0>

There will also be additional information on clearance provided on our **BAND** group as needed.

## HOW TO CONTACT THE COACH

It is best to use the **BAND** app to send Coach K. a message. You can also use email if you're having difficulties with **BAND**. [wkuechler@rsd7.net](mailto:wkuechler@rsd7.net)

## SUMMER RUNNING

Athlete led runs will occur at Glendoveer Golf Course. A schedule will be on **BAND**, but most runs will occur on Mondays and Thursdays at 7pm.

\*You should have a goal to run regularly (*minimum 3X each week, more is better*)

\*You should accumulate a considerable mileage total this summer (*minimum 150 miles, up to 300 miles*)

## EARLY SEASON PRACTICE SCHEDULE

**FIRST DAY OF PRACTICE – 7PM, MONDAY, AUGUST 14<sup>th</sup> @ MAIN CITY PARK, 219 S. Main, Gresham, OR**

This is Coach K's birthday, there will be a 3K "Fun Run" (timed), followed by cake and beverages.

Family, former athletes and friends are invited (but they have to run the 3K)

The remaining practices meet at the RHS track. Bring your water bottle. Be prepared for the weather conditions.

Tuesday, August 15<sup>th</sup> through Friday, August 18<sup>th</sup>: 9:00 AM to 12 Noon

Monday, August 21<sup>nd</sup> through Friday, August 25<sup>th</sup>: 9:00 AM to 12 Noon

Monday, August 28<sup>th</sup> through Thursday, August 31<sup>st</sup>: 9:00 AM to 12 Noon

Friday, September 1<sup>nd</sup> through Monday, September 4<sup>th</sup>: NO PRACTICES (Will be given self-directed workouts)

Beginning Tuesday, September 5<sup>th</sup>: Practices are after school: 3:30 PM to 5:30 PM