

PENN MANOR XC CROSS COUNTRY

Junior High Cross Country

****Students in Grades 7, 8, and 9 are eligible to participate!****

Cross country is a competitive, **Fall** sport in which teams of individuals race over different types of terrain including grass and dirt. Courses usually include hills, trails, and grassy fields. Most competitions are held on and around school properties or local parks. The official season begins on Monday, August 15th and ends by mid-October. **Voluntary** pre-season practices will most likely be offered on Monday and Wednesday evenings from 6:00-7:30 pm during the summer, starting in mid-July. Once this is confirmed, we will update the blog. All practices are held at Manor Middle School.

The race distance for the Jr. High level is **2 miles**. The goal for each athlete is to be able to maintain consistent running the entire race. It takes quality training and commitment to the program for this to be possible. A combination of longer runs (for endurance) and interval workouts (for speed) will provide team members the necessary skills needed to develop and improve. Team members will also learn core strengthening exercises, as well as proper stretching techniques. ***While these are all essential pieces of the program, there will also be plenty of time for games and team building activities!***

Forms of Communication:

<https://blogs.pennmanor.net/jrcrosscountry>: Blog sign up is encouraged to receive important updates throughout the season. This is our main form of communication.

The Remind App: This is our second form of communication and will be updated on the blog soon.

<https://penmanorathletics.com> (click on the link for Athlete Headquarters and choose Penn Manor Athletic Registration Packet for necessary forms. NOTE: PIAA Physicals must be performed after June 1, 2022). All forms will need to be uploaded on **SPORTSWARE**. Please see the link at the top of the blog for directions on how to create an account. If you did so last year, you simply add information to your existing account.

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