

**RBC CROSS
COUNTRY
2024**

**Coach
(N)alepa**



**Coach
(K)alkbrenner**



Parent Square:

Instant option please! (not digest)

Website:

Twinsburg -> RBC -> Athletics ->
Cross Country

Expectations:

- Effort!
- Positivity
- Communication:
 - ❖ talk to coaches (or email)
 - ❖ parents follow-up

Uniforms (by the 15th!):

Only t-shirt & shorts required



01.) RBC Cross Country BST99
S/S Dri-Fit Vision T-Shirt Jersey
Required Uniform

\$13.25 – \$18.25

Select options



02.) RBC Cross Country 355
Accelerate Shorts *Required
Uniform*

\$27.00 – \$30.00

Select options



03.) RBC Cross Country 357
Ladies Accelerate Shorts
Required Uniform

\$27.00 – \$30.00

Select options

Athletic Fees:

\$45 via “Pay School” or check

Due Monday 8/26

Inhalers/Epipen:

MUST be worn on-person

Water:

Should be hydrating
consistently (~1/2 body weight in ounces)

Weather:

Thunder / heavy rain=
cancellation, all else we run!

Shoes:

any running shoes

Watches:

Know what time it is!

SHOP BY SUPPORT TYPE



Neutral



Cushioned



Stability



Motion control

RESULTS

Price and other details may vary based on product size and color.

Best Seller



Brand: AOSUN

Digital Watch for Men and Women
Waterproof Outdoor Military Sports
Timer Multifunctional Wristwatch Girl
Resin Strap Easy to Read Alarm
Stopwatch Gift for Anniversary

★ ★ ★ ★ ★ 110 ratings | Search this page

\$9.99

prime Two-Day
FREE Returns

Color: 1803D RG Black



\$12.99
prime



\$12.99
prime



\$12.99
prime



\$9.99
prime

Product details

Clasp type

Tang Buckle

About this item

Delivery Pickup

\$9.99

prime Two-Day
FREE Returns

FREE delivery Friday, August 9.
Order within 11 hrs 37 mins

Deliver to Thomas - Aurora 44202

In Stock

Quantity: 1

Add to Cart

Buy Now

Ships from Amazon
Sold by SKIBSO
Returns 30-day
refund/replacement
Customer Service Amazon

See more

Add a gift receipt for easy returns


Rides / transportation:

Practices – rides should be ready at 4 PM. (coaches need to get kids off buses etc)

Everyone late 1 day? That's the entire season coaches are staying late!

Meets – keep eyes glued to phone / Parent Square for ETA back at school

AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	¹ <u>1st Practice ☺</u> 8-10 AM	² Practice 8-10 AM	3
4	⁵ Practice 8-10 AM	⁶ Practice 8-10 AM	⁷ Practice 8-10 AM	⁸ Practice 8-10 AM	⁹ <u>No Practice</u>	10
11	¹² Practice 8-10 AM	¹³ <u>Teacher Data Day</u> No Practice	¹⁴ <u>School A-L</u> Practice 2:30-4PM	¹⁵ <u>School M-Z</u> Practice 2:30-4PM	¹⁶ <u>School A-Z</u> No Practice	17
18	¹⁹ Practice Rides at 4:00	²⁰ Practice Rides at 4:00	²¹ Practice Rides at 4:00	²² Practice Rides at 4:00	²³ <u>No Practice</u>	24
 PICTURE DAY & fees due	²⁶ Practice Rides at 4:00	²⁷ Practice Rides at 4:00	²⁸ Practice Rides at 4:00	²⁹ Practice Rides at 4:00	³⁰ NO SCHOOL <u>No Practice</u>	³¹ Avon Earlybird Invite @ LCC

SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <u>NO SCHOOL</u> No Practice	3 @Solon vs. Solon	4 Practice Rides at 4:00	5 Practice Rides at 4:00	6 <u>No Practice</u>	7 Bruce Lerch Invitational @Brecksville
8	9 <u>Practice</u> Rides at 4:00	10 @ Hudson & Brecksville	11 Practice Rides at 4:00	12 Practice Rides at 4:00	13 <u>No Practice</u>	14 Spartan Invitational @Boardman
15	16 Practice Rides at 4:00	17 Practice Rides at 4:00	18 @Wadsworth w/ N. Roy.	19 Practice Rides at 4:00	20 <u>No Practice</u>	21 Fleet Feet Invitational @Strongsville
22	23 Practice Rides at 4:00	24 Home vs. Kent & Nordonía	25 Practice Rides at 4:00	26 Practice Rides at 4:00	27 <u>No Practice</u>	28 Woodridge (CVNP) Invitational
29	30 LAST PRACTICE Rides at 4:00	1	2	3	4	5

Tuesday Meets: everyone runs! 😊

- Healthy Snack/ water in school
- Buses (to/from) backpacks after
- Done (Time...?) + travel time
- Girls race 1st this year (Time...?)

(2-3 teams)

Saturday Meets: everyone runs 😊

- Buses leave from school (no bldg. access)
- Usually food vendors

(8-12 teams)

Team vs. open?

Meet E-mails:

- We prefer runners on bus with team
- Need to drive to and/or from?

email to BOTH:

tnalepa@twinsburgcsd.org

(Me)

bfantone@twinsburgcsd.org

(Brian Fantone)

Attendance:

- Should be at practice unless unavoidable
- 3 missed practices after school starts is a discussion (excused or not)
- Stiff/sore is not a reason to miss
- “unable” to run should ride bus home

Still can join!

Until the 15th

Questions...?

TENTATIVE

dates/times for

Saturdays:

Meet Transportation Reminders:

We would like all runners to ride on the bus with the team.

However, if that is not possible and you need to drive your runner to and/or from the meet - an email needs to be sent to:

bfantone@twinsburgcsd.org **AND** tnalepa@twinsburgcsd.org
(AD Fantone) (Coach Nalepa)

Also, the day of the meet, the runner should check in/out with the coach that has the clipboard (usually coach Kalkbrenner) if coming/going with a ride.

Avon Earlybird Invitational (8/31)

Where: Lorain Community College (north side of campus)

Theme: **White Out** / “No White after Labor Day”

Buses Leave RBC: 6 AM

Boys: 8 AM

Girls: 8:30 AM

ETA Back: ~10:30 AM (Please check ParentSquare for a more accurate time back the day of the meet after the last race, we will send an update and expect rides to be ready when we return to school.)

Bruce Lerch Invitational (9/7)

Where: Brecksville-Broadview Heights High School

Theme: **Red** / **White** / **Blue**

Buses Leave RBC: 6:50 AM

Boys Team: 8:30 Girls Team: 9

Boys Open: 9:30 Girls Open: 10:00

ETA Back: ~11:15 (Please check ParentSquare for a more accurate time back the day of the meet after the last race, we will send an update and expect rides to be ready when we return to school.)

Spartan Invitational (9/14)

Where: Boardman High School

Theme: Choose your team (Browns/Steelers)

Bus Leaves RBC: 7:00 AM

Parking ticket required (if going): spartaninvite.com/tickets/

Boys: 9:00 AM

Girls: 9:30 AM

ETA Back: ~11:30 AM (Please check ParentSquare for a more accurate time back the day of the meet after the last race, we will send an update and expect rides to be ready when we return to school.)

Strongsville Invitational (9/21)

Where: Strongsville High School

Theme: Tropic Time 🌴 ☀️

Buses Leave RBC: 11 AM

Parking: \$5 cash only

Girls: 1:15 PM

Boys: 1:45 PM

ETA Back: ~3:30 (Please check ParentSquare for a more accurate time back the day of the meet after the last race, we will send an update and expect rides to be ready when we return to school.)

Woodridge CVNP Invitational (9/28)

Where: Cuyahoga Valley National Park - 5465 Quick Road

Theme: NEON

Parent Parking: 4440 Quick Road, Peninsula, OH 44264

(Will have to shuttle over to CVNP)

Buses Leave RBC: 10:10 AM

Girls: 12:05 PM

Boys: 1:05 PM

ETA Back: ~2:30 (Please check ParentSquare for a more accurate time back the day of the meet after the last race, we will send an update and expect rides to be ready when we return to school.)