### RBCCROSS

### Coach

### Coach (N)alepa (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 15<sup>th</sup>!): Only t-shirt & shorts required







### Athletic Fees:

\$45 via "Pay School" or check Due Monday 8/26

Inhalers/Epipen:

be worn on-person

### Water:

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

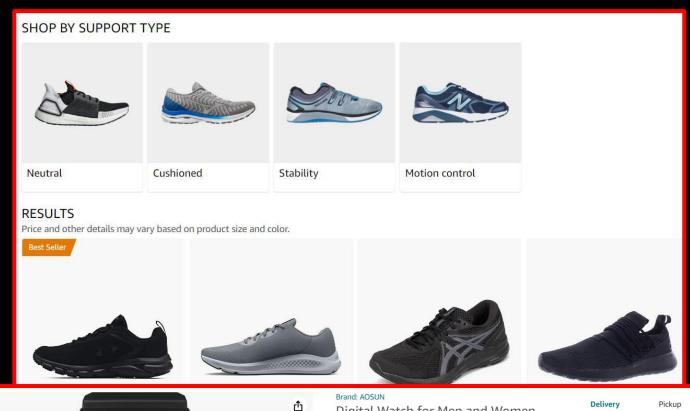
### Weather:

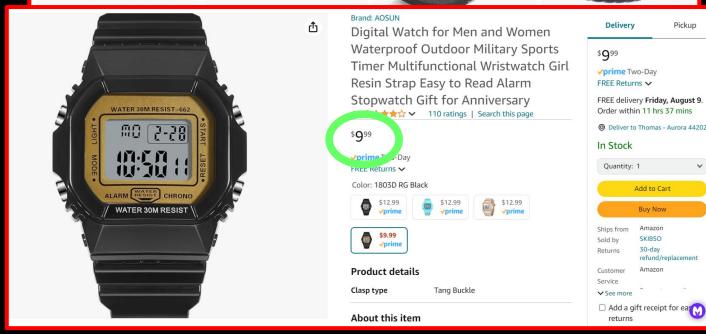
Thunder / heavy rain= cancellation, all else we run!

# Shoes: any running shoes

### Watches:

Know what time it is!





### 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 1st Practice © 8-10 AM	Practice 8-10 AM	3
4	5 Practice 8-10 AM	6 Practice 8-10 AM	7 Practice 8-10 AM	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 School A-L Practice 2:30-4PM	15 School M-Z Practice 2:30-4PM	16 School A-Z No Practice	17
18	Practice Rides at 4:00	Practice Rides at 4:00	21 Practice Rides at 4:00	Practice Rides at 4:00	23 No Practice	24
PICTURE DAY & fees due	Practice Rides at 4:00	27 Practice Rides at 4:00	28 Practice Rides at 4:00	Practice Rides at 4:00	30 NO SCHOOL No Practice	Avon 31 Earlybird Invite @ LCC

Free Printable Calendars from Typecalendar.com

### SEPTEMBER 2024

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

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### 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 15<sup>th</sup>

### 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

(AD Fantone)

tnalepa@twinsburgcsd.org

(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 1 🗘

Buses Leave RBC: 11 AM

Parking: \$5 cath 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