

**RBC CROSS
COUNTRY
2023**

Remind Group:

<https://www.remind.com/join/rbcxc>

Text option please!

Website:

Twinsburg -> RBC -> Athletics ->
Cross Country

Expectations:

- Effort!
- Positivity
- Communication:
 - ❖ talk to coaches
 - ❖ parents follow-up

Uniforms (Friday!):

Only need t-shirt & shorts



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

\$13.00 – \$18.00



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

\$17.50 – \$20.50



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

\$17.50 – \$20.50

Athletic Fees:

\$40 online

“Pay Schools”

Due Monday 8/14

Inhalers/epipen:

Must be worn on-person

Water:

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

Weather:

Thunder/Thunderstorms=
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: Hosamtel-Watch

Unisex LED Sport Watch Hosamtel Men Women Colorful Multicolorful Plastic Digital Wristwatch

★★★★★ 50 ratings

\$3.59

Free Returns

Extra Savings Promotion Available. 4 Applicable Promotion(s)

Color: Blue



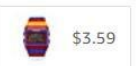
\$3.59



\$3.59



\$3.59



\$3.59

About this item

- ★ **[Material]** Plastic. The special Plastic watch strap provided is super soft, flexible and durable, which is great for daily wear.
- ★ **[Size]** Watch case Diameter: 4.2cmx 3.0cm / Case Thickness: 0.9cm(Approx) / Band Length:24.5cm / Band Width:3cm. You can easy to resize the watchband to fit your wrist.

AUGUST 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	Practice BOYS ONLY 8-10 AM	Practice GIRLS ONLY 8-10 AM	Practice 8-10 AM	Practice 8-10 AM	5
6	Practice 8-10 AM	Practice 8-10 AM	Practice 8-10 AM	Practice 8-10 AM	<u>No Practice</u>	12
13 www.remind.com/join/rbcxc	Practice 8-10 AM	15 <u>Teacher Data Day</u> No Practice	16 <u>Soft Opening</u> Practice 2:30-4:00	17 <u>Soft Opening</u> Practice 2:30-4:00	18 FIRST DAY OF SCHOOL Practice 2:30-4:00	19
20	Practice Rides at 4:00	Practice Rides at 4:00	Practice Rides at 4:00	Practice Rides at 4:00	<u>No Practice</u>	26
27	Practice (Picture Day) Rides at 4:00	Practice Rides at 4:00	Practice Rides at 4:00	Practice Rides at 4:00	<u>No Practice</u>	2

SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31 Practice Rides at 4:00	1 <u>No Practice</u>	2 Avon Earlybird Invitational @Avon
3	4 <u>NO SCHOOL</u> No Practice	5 @Solon vs. Solon	6 Practice Rides at 4:00	7 Practice Rides at 4:00	8 <u>No Practice</u>	9 Bruce Lerch Invitational @Brecksville
10 www.remind.com/join/rbcxc	11 Practice Rides at 4:00	12 @Brecksville w/ Hudson	13 Practice Rides at 4:00	14 Practice Rides at 4:00	15 <u>No Practice</u>	16 Spartan Invitational @Boardman
17	18 Practice Rides at 4:00	19 HOME N. Ro. & Wads.	20 Practice Rides at 4:00	21 Practice Rides at 4:00	22 <u>No Practice</u>	23 Strongsville Invitational @Strongsville
24	25 Teacher Data Day Practice TBD	26 HOME Kent & Nardon	27 Practice Rides at 4:00	28 **Conferences** Practice TBD	29 <u>No Practice</u>	30 Woodridge (CVNP) Invitational

OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 www.remind.com/join/rbcxc	2 LAST Practice Rides at 4:00	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Tuesday Meets: everyone runs! 😊

Healthy Snack/ water in school

Buses (to/from)

Done ~5PM + travel time

Boys race 1st this year ~4 PM

(2-3 teams)

Saturday Meets: everyone runs 😊

Buses leave from school (no bldg.)

Usually food vendors

Team vs. open?

(8-12 teams)

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
- Stiff/sore is not a reason to miss
- “unable” to run should ride bus home

Still can join!

Until the 18th!

Questions...?

TENTATIVE

dates/times for

Saturdays:

Avon Earlybird Invitational (9/2)

Where: Lorain Community College (north side of campus)

Buses Leave RBC: 6 AM

Boys: 8 AM

Girls: 8:30 AM

ETA Back: ~10:30 AM (Please check Remind for more accurate time back the day of the meet after the last race)

Bruce Lerch Invitational (9/9):

Where: Brecksville-Broadview Heights High School

Buses Leave RBC: 6:50 AM

Boys Team: 8:30

Girls Team: 9

Boys Open: 9:30

Girls Open: 10:00

ETA Back: ~11:30 (Please check Remind for more accurate time back the day of the meet after the last race)

Spartan Invitational (9/16)

Where: Boardman High School

Buses Leave RBC: 10 AM

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

Boys: 12

Girls: 12:30

ETA Back: ~2:30 PM (Please check Remind for more accurate time back the day of the meet after the last race)

Strongsville Invitational (9/23)

Where: Strongsville High School

Buses Leave RBC: 11 AM

Girls: 1:15 PM

Boys: 1:45 PM

ETA Back: ~3:45 (Please check Remind for more accurate time back the day of the meet after the last race)

Woodridge CVNP Invite (9/30)

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: 7:20 AM

Girls: 9:05 AM

Boys: 10:15 AM

ETA Back: ~11:45 (**Please check Remind for more accurate time back the day of the meet after the last race**)