

Reservoir HS Cross Country: *Fall 2018*

Coaches: Head Coach – Philip Rogers (410) 888 – 8850; progers@hcpss.org
 Head Coach – Bobby Gessler (410) 888 – 8850; gesslermd@aol.com
 Asst Coach – Rhys Ziemer (410) 888 – 8850; rhysz@microsoft.com

Team Website: <http://rezzixc.wikispaces.com/>

Day	Date(s)	Event	Location	Misc Information
Thursday	June 7	Parent Meeting/ Team Meeting	Reservoir HS Auditorium	<i>Required by Athletes and a Parent/Guardian</i>
Wednesday	Jun 13 th	Team Night	Feet First Sports 5305 Village Center Drive Suite 110 Columbia, MD 21044 (410) 992 - 5800	<i>15% off. Running Shoes, Racing Shoes, Misc Running Apparel</i>
Sunday - Saturday	July 29 – Aug 3	XC Camp	Cal University	<i>\$100 Deposit ASAP</i>
Wednesday - Thursday	Aug 8 – Aug 9	Practice 8:00am – 10:45am	RHS Track	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Friday – Saturday	Aug 10 – Aug 11	Practice 8:00am – 10:45am	Wincopin Trail	<i>Direction on Website:</i> http://xctf.rhsgators.net/cross-country/trail-directions/
Monday – Friday	August 13 – August 17	Practice 8:00am – 10:45am	RHS Track	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Wednesday	August 15	Cascade Lake Trip	Cascade Lake	<i>\$20 per athlete Included entry into park and lunch, drinks and Snacks</i>
Saturday	August 18	Team Morning! 10am – All day	Feet First Sports 5305 Village Center Drive Suite 110 Columbia, MD 21044 (410) 992 - 5800	<i>15% off. Running Shoes, Racing Shoes, Misc Running Apparel</i>
Monday – Friday	Aug 20 – 24	Practice 8:00am – 10:45am	RHS Track	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Wednesday	August 22	NO PRACTICE	NO PRACTICE	<i>RUN ON YOUR OWN</i>
Saturday	August 25	Team Scrimmage MANDATORY	Reservoir HS	Athletes Arrive by 8:00am Start: 9:00am Family & Friends may run
Saturday	August 25	Team Party	The Pochettino's	<i>5:00pm at Elliott's House 10516 Bill Lilly Court</i>
Monday – Friday	Aug 27 – Aug 31	Practice 5:45am – 8:15am	RHS Track	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Saturday	Sept 1	Practice 8:00am – 10:45am	Wincopin Trail	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Starting Tuesday	Sept 4 th	Daily After School Practice	RHS Practice Time 2:30 – 4:45pm	<i>Daily practice is expected & required. Shoes, Water, Gatorade, Snack</i>
Saturday	Sept 8 th	HoCo Invite <i>Pasta Dinner The Kim's</i>	Centennial HS	<i>Bus: 8:00am Start: 10:00am</i>
Wednesday	Sept 12 th	Tri Meet vs Hammond and Glenelg	Hammond HS	<i>Bus 2:30pm Start: 4:00pm</i>
Thursday	Sept 13 th	Picture Day	RHS Practice Time 2:30 – 4:45pm	<i>Will pass out picture packets that week.</i>
Saturday	Sept 15 th	Adidas XC Challenge*	Cary, NC	<i>Charter Bus Approx \$100</i>
Saturday	Sept 22 nd	Bull Run XC Invite <i>Pasta Dinner: The Wilson's</i>	Hereford HS	<i>Bus: 6:45am Start: 9:00am</i>
Wednesday	Sept 26 th	Tri Meet vs Atholton and Long Reach	Reservoir HS	<i>Home Meet: Senior Day NEED VOLUNTEERS Start: 4:00pm</i>

Day	Date(s)	Event	Location	Misc Information
Saturday	Sept 29 th	Barnhart XC Invite <i>Pasta Dinner: Pochettinos</i>	Balt. County Agricultural Resource Center	Bus: 7:45am Start: 10:00am
Saturday	Oct 13 th	Frank Keyser Invite <i>Pasta Dinner: Ko's</i>	Boonsboro HS	Invite Trip. 40 Athletes Cost will be \$10
Wednesday	Oct 17 th	Tri Meet vs Oakland Mills & Marriotts Ridge	Marriotts Ridge HS	Bus 2:30pm Start: 4:00pm
Wednesday	Oct 24 th	County Championships <i>Pasta Dinner:</i>	Centennial HS	Bus: 1:45pm Start: 3:30pm
Thursday	Nov 1 st	Regional Championships <i>Pasta Dinner:</i>	Centennial HS	Bus: 1:45pm Start: 3:30pm
Saturday	Nov 10 th	State Championships <i>Pasta Dinner:</i>	Hereford HS	APPROX BUS TIME: 7:15am
Wednesday	Nov 14 th	Team Banquet	RHS Cafeteria	5:30pm

