

Reservoir HS Cross Country: *Fall 2019*

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

Team Website: <http://xctf.rhsgators.net/cross-country/>

Day	Date(s)	Event	Location	Misc Information
Thursday	June 6 th	Parent Meeting/ Team Meeting	Reservoir HS Auditorium	<i>Required by Athletes and a Parent/Guardian</i>
Friday – Sunday	Jun 7 th – 9 th	Team Discount	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	Aug 4 – Aug 9	XC Camp	Cal University	<i>Take Care of it Online</i> CLICK HERE
Wednesday - Friday	Aug 14 – Aug 16	Practice 8:00am – 10:45am	RHS Track	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Saturday	August 17 th	Practice 8:00am – 10:00am	Feet First Sports 5305 Village Center Drive Suite 110 Columbia, MD 21044 (410) 992 - 5800	
Saturday	August 17 th	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	August 19 – August 23	Practice 8:00am – 10:45am	RHS Track	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Monday	August 19 th	Beaver Dam Trip	Beaver Dam	<i>\$20 per athlete Included entry into park and lunch, drinks and Snacks</i>
Saturday	August 24 th	Team Scrimmage MANDATORY	Reservoir HS	Athletes Arrive by 8:00am Start: 9:00am Family & Friends may run
Monday – Friday	Aug 20 – 24	Practice 8:00am – 10:45am	RHS Track	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Saturday	August 24 th	Team Party	The Pochettino's	5:00pm at Elliott's House 10516 Bill Lilly Court
Monday – Friday	Aug 26 – Aug 30	Practice 5:45am – 8:15am	RHS Track	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Saturday	August 31	Practice 8:00am – 10:45am	Wincopin Trail	<i>Paperwork, Shoes, Water, Gatorade, Snack</i>
Saturday	August 31	Pool Party @ Thandi Romney's House	12404 Penelope Ct Fulton, MD 20759	3:00pm
Monday	Sept 2 nd	Practice/Breakfast	Coach Rogers House 9716 Riverside Court Ellicott City, MD 21042	<i>We will do a team breakfast after practice. A sign up will be sent out for needed items. Bring a Change of Clothes</i>
Starting Tuesday	Sept 3 rd	Daily After School Practice	RHS Practice Time 2:30 – 4:45pm	Daily practice is expected & required. Shoes, Water, Gatorade, Snack
Saturday	Sept 14 th	HoCo Invite <i>Pasta Dinner: The Kim's</i>	Centennial HS	Bus: 8:00am Start: 10:00am
Saturday	Sept 21 st	Bull Run XC Invite <i>Pasta Dinner: The Pitsley's</i>	Hereford HS	Bus: 6:45am Start: 9:00am

Day	Date(s)	Event	Location	Misc Information
Wednesday	Sept 25 th	League Meet vs Oakland Mills	Hammond HS	Bus 2:30pm Start: 4:00pm
Thursday	Sept 26 th	Picture Day	RHS Practice Time 2:30 – 4:45pm	Will pass out picture packets that week.
Saturday	Sept 28 th	Chesapeake XC Invite <i>Pasta Dinner: The Lubis's</i>	Chesapeake HS	Bus: 7:45am Start: 10:00am
Wednesday	October 2 nd	League Meet vs Marriotts Ridge & Howard	Reservoir HS	Home Meet: Senior Day NEED VOLUNTEERS Start: 4:00pm
Saturday	October 5 th	Great American XC Invite	Cary, NC	Team Travel Trip
Saturday	October 12 th	Frank Keyser Invite <i>Pasta Dinner: The Jewell's</i>	Boonsboro HS	Invite Trip. 40 Athletes Cost will be \$10
Wednesday	October 16 th	League Meet vs Mt. Hebron	Atholton HS	Bus 2:30pm Start: 4:00pm
Wednesday	October 23 rd	County Championships <i>Pasta Dinner: The Ricketts</i>	Centennial HS	Bus: 1:45pm Start: 3:30pm
Thursday	October 31 st	Regional Championships <i>Pasta Dinner: The Dixon's</i>	Centennial HS	Bus: 1:45pm Start: 3:30pm
Saturday	Nov 9 th	State Championships <i>Pasta Dinner: Pochettino's</i>	Hereford HS	APPROX BUS TIME: 7:15am
Wednesday	Nov 13 th	Team Banquet	RHS Cafeteria	5:30pm

