

Cross Country Summer Practice Schedule

June 13th-September 2nd

312 7th Ave N, St. Cloud, MN 56303 @North Gym

JUNE practices

Monday June 13th 7:30am-8:30am

Tuesday June 14th 7:30am-8:30am

Wednesday June 15th 7:30am-8:30am

Thursday June 16th 7:30am-8:30am

Friday June 17th 7:30am-9:00am

Saturday June 18th NO PRACTICE

Sunday June 19th NO PRACTICE

Monday June 20th 7:30am-8:30am

Tuesday June 21st 7:30am-8:30am

Wednesday June 22nd 7:30am-8:30am

Thursday June 23rd 7:30am-8:30am

Friday June 24th 7:30am-9:00am

Saturday June 25th NO PRACTICE

Sunday June 26th NO PRACTICE

Monday June 27th 7:30am-8:30am

Tuesday June 28th 7:30am-8:30am

Wednesday June 29th 7:30am-8:30am

Thursday June 30th 7:30am-8:30am



JULY practices

Friday July 1st 7:30am-9:00am

Saturday July 2nd NO PRACTICE

Sunday July 3rd NO PRACTICE

Monday July 4th NO PRACTICE. Happy Independence Day!

Tuesday July 5th (no contact) Seniors choice

Wednesday July 6th (no contact) Seniors choice

Thursday July 7th (no contact) Seniors choice

Friday July 8th (no contact) Seniors choice

Saturday July 9th NO PRACTICE

Sunday July 10th NO PRACTICE

Monday July 11th 7:30am-8:30am

Tuesday July 12th 7:30am-8:30am

Wednesday July 13th 7:30am-8:30am

Thursday July 14th 7:30am-8:30am

Friday July 15th 7:30am-9:00am

Saturday July 16th NO PRACTICE

Sunday July 17th NO PRACTICE

Monday July 18th 7:30am-8:30am

Tuesday July 19th 7:30am-8:30am

Wednesday July 20th 7:30am-8:30am

Thursday July 21st 7:30am-8:30am

Friday July 22nd 7:30am-9:00am



Saturday July 23rd NO PRACTICE

Sunday July 24th NO PRACTICE

Monday July 25th 7:30am-8:30am

Tuesday July 26th 7:30am-8:30am

Wednesday July 27th 7:30am-8:30am

Thursday July 28th 7:30am-8:30am

Friday July 29th 7:30am-9:00am

Saturday July 30th NO PRACTICE

Sunday July 31st NO PRACTICE



AUGUST practices

Monday August 1st 7:30am-8:30am

Tuesday August 2nd 7:30am-8:30am

Wednesday August 3rd 7:30am-8:30am

Thursday August 4th 7:30am-8:30am

Friday August 5th 7:30am-9:00am

Saturday August 6th NO PRACTICE (mountain run athletes leave)

Sunday August 7th NO PRACTICE (mountain run athletes gone)

Monday August 8th 7:30am-8:30am (mt. run athletes gone)

Tuesday August 9th 7:30am-8:30am (mt. run athletes gone)

Wednesday August 10th 7:30am-8:30am(mt. run athletes gone)

Thursday August 11th 7:30am-8:30am (mt. run athletes gone)

Friday August 12th 7:30am-9:00am (mt. run athletes gone)

Saturday August 13th NO PRACTICE (mountain run athletes gone)



Sunday August 14th NO PRACTICE (mountain run athletes return)

Monday August 15th FIRST DAY OF SEASON-6:00pm-7:30pm

Tuesday August 16th 8:30am-10:00am

Wednesday August 17th 8:30am-10:00am

Thursday August 18th 8:30am-10:00am

Friday August 19th 8:30am-10:00am

Saturday August 20th NO PRACTICE

Sunday August 21st NO PRACTICE

Monday August 22nd 8:30am-10:00am

Tuesday August 23rd 8:30am-10:00am

Wednesday August 24th 8:30am-10:00am

Thursday August 25th 8:30am-10:00am

Friday August 26th 8:30am-10:00am

SATURDAY AUGUST 27TH MEET DAY! @APOLLO TIME TBD

Sunday August 28th NO PRACTICE

Monday August 29th FIRST DAY OF SCHOOL 3:20pm-4:45pm

Tuesday August 30th 3:20pm-4:45pm

Wednesday August 31st 3:20pm-4:45pm

Thursday September 1st 3:20pm-4:45pm

Friday September 2nd 3:20pm-5:00pm



Contact Head Coach Eli Stark-Haws with any questions,

If you need to be picked up or dropped off we have upperclassmen who can do that. "I didn't have a ride" is not an excuse to not train with the team!

email: estarkhaws@cathedralcrusaders.org

Cell #: (651) 302-2911

Why do we summer train? Cross-Country officially starts on August 15th and the state meet is November 5th, that's 82 days. In that time we will grow as a team, have fun as a family, and learn how to improve at this sport. If no training and team bonding takes place before August 15th season becomes much harder to enjoy and goals are more difficult to achieve. If we start on June 13th we have 145 days to grow, improve, and enjoy together. Please make an effort to be a part of the team this summer. You won't regret putting in the work, and you won't regret the strong relationships you'll form with your teammates before the season even starts. Even if it's just 2-3 times a week, that can make all the difference.



CATHEDRAL

What to bring

- **Quality training shoes (Endurance shop 20% off day June 14th)**
- **Socks (Running specific on hot days regular socks can cause blisters)**
- **Athletic shorts or pants**
- **Shirt or tank-top (running shirtless is against school policy)**
- **WATER!**
- **Cell phone (can be locked in a teammates car while running)**

Optional Items

- **Post workout snack/breakfast**
- **Sunscreen**
- **Deodorant/“Body Glide” for chafing (don’t be the smelly kid)**
- **Sunglasses**
- **Running watch**
- **Hat or sweat band**
- **Roller or lacrosse ball for recovery**
- **Rain jacket (if chance of inclement weather)**

