

Cathedral Cross-Country Summer Practice Schedule

June 12th-September 1st

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

JUNE practices

Monday June 12th 7:30am-8:30am

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

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

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

Friday June 16th 7:30am-9:00am

Saturday June 17th NO PRACTICE

Sunday June 18th NO PRACTICE

Monday June 19th 7:30am-8:30am

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

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

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

Friday June 23rd 7:30am-9:00am

Saturday June 24th NO PRACTICE

Sunday June 25th NO PRACTICE

Monday June 26th 7:30am-8:30am

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

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

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



JULY practices

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

Saturday July 1st NO PRACTICE

Sunday July 2nd NO PRACTICE

Monday July 3rd NO PRACTICE.

Tuesday July 4th NO PRACTICE. Happy Independence Day!

Wednesday July 5th (no contact) Seniors choice

Thursday July 6th (no contact) Seniors choice

Friday July 7th (no contact) Seniors choice

Saturday July 8th NO PRACTICE

Sunday July 9th NO PRACTICE

Monday July 10th 7:30am-8:30am

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

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

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

Friday July 14th 7:30am-9:00am

Saturday July 15th NO PRACTICE

Sunday July 16th NO PRACTICE

Monday July 17th 7:30am-8:30am

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

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

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

Friday July 21st 7:30am-9:00am



Saturday July 22nd NO PRACTICE

Sunday July 23rd NO PRACTICE

Monday July 24th 7:30am-8:30am

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

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

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

Friday July 28th 7:30am-9:00am

Saturday July 29th NO PRACTICE

Sunday July 30th NO PRACTICE



AUGUST practices

Monday July 31st 7:30am-8:30am

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

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

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

Friday August 4th 7:30am-9:00am

Saturday August 5th NO PRACTICE (mountain run athletes leave)

Sunday August 6th NO PRACTICE (mountain run athletes gone)

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

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

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

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

Friday August 11th 7:30am-9:00am (mt. run athletes gone)

Saturday August 12th NO PRACTICE (mountain run athletes return)



Sunday August 13th NO PRACTICE

Monday August 14th FIRST DAY OF SEASON-6:00pm-7:30pm

Tuesday August 15th 8:30am-10:00am

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

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

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

Saturday August 19th NO PRACTICE

Sunday August 20th NO PRACTICE

Monday August 21st 8:30am-10:00am

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

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

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

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

SATURDAY AUGUST 26TH MEET DAY! @APOLLO TIME TBD

Sunday August 27th NO PRACTICE

Monday August 28th FIRST DAY OF SCHOOL 3:20pm-4:50pm

Tuesday August 29th 3:20pm-4:50pm

Wednesday August 30th 3:20pm-4:50pm

Thursday September 31st 3:20pm-4:50pm

Friday September 1st 3:20pm-5:00pm



Full season practice and meet schedule coming out in July. Please reach out to me if there are specific Sept. or Oct. dates you need to know about.

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 this Summer!

email: estarkhaws@yahoo.com

Cell #: (651) 302-2911

Why do we summer train? Cross-Country officially starts on August 14th and the state meet is November 4th, that's an 82 day season. 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 14th season becomes much harder to enjoy and goals are more difficult to achieve. If we start on June 12th 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. THANK YOU!



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 for recovery**
- **Rain jacket (if chance of inclement weather)**

