



MCCORMICK CROSS COUNTRY TEAM!

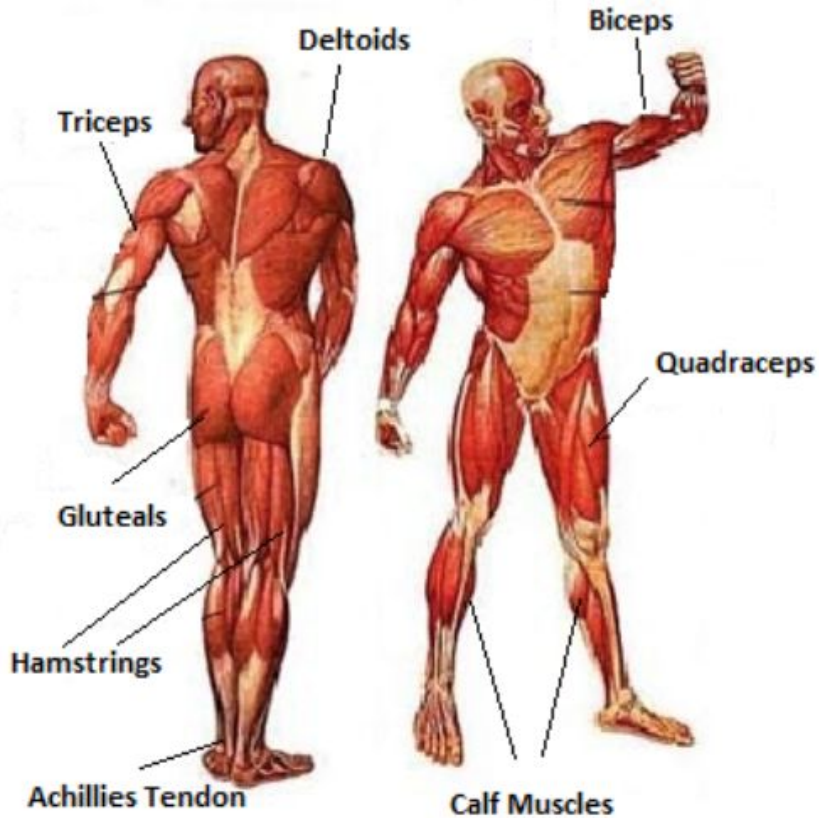
***INTERESTED IN  
RUNNING?***

[https://www.ncaa.com/  
video/cross-country-m  
en/2018-12-03/dii-men  
s-cross-country-cham  
pionship-recap](https://www.ncaa.com/video/cross-country-men/2018-12-03/dii-mens-cross-country-championship-recap)



## The DL on XC

- Long distance running, usually 3.1 mile races
- Requires mental and physical stamina
- Courses include terrain such as hills, gravel, woodlands, & open country
- TEAM & INDIVIDUAL sport



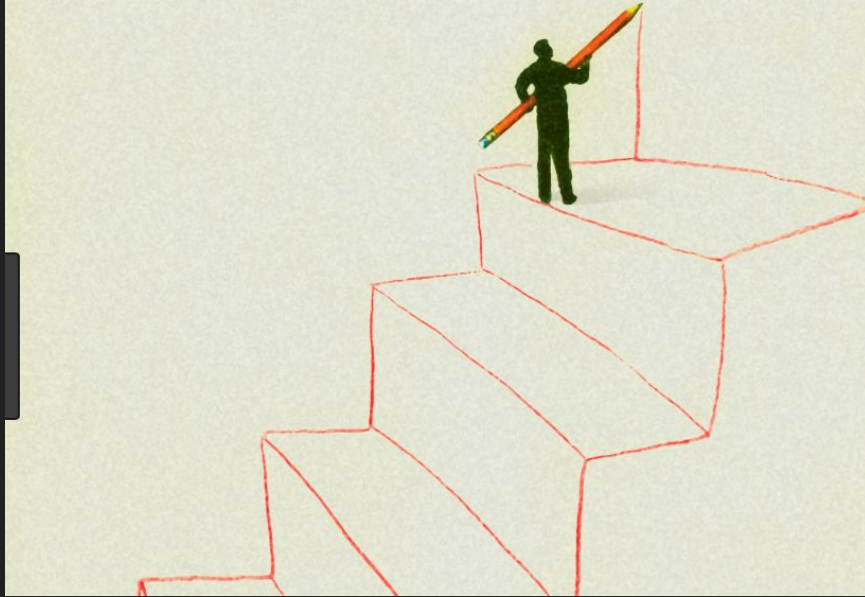
## Benefits of XC

- Helps cardiovascular fitness & muscular endurance
- Helps with balance, coordination, reaction time, and speed
- Helps relieve stress and eliminate depression
- Lowers risk of diabetes, high blood pressure, and stroke



## What I expect from you?

- Commitment to the team
- Be proud of McCormick XC
- Be on time & ready to work
- Be a student-athlete



# Goals

- Compete well in all the meets and consistently get better
- Build a strong foundation to be even more competitive next year



# Nutrition

- Most importantly, you need energy...
  - Whole grains
  - Vegetables
  - Proteins
- Drink plenty of water
- Stay away from fast food
- Eat enough throughout the day



## What's next?

- Updated physical
- Decent running shoes
- Loose, cool clothing
- Parent letter signed by Thursday
- Practice begins THIS Thursday, ends at 4:45pm
- JV/V?



McCormick High School  
Fall 2019  
Cross Country Meet Schedule

<b>Date</b>	<b>Event</b>	<b>Time &amp; Place</b>
8/17/19	Chuck Parker Relay Scrimmage	Civic Center of Anderson 3027 MLK Jr. Blvd. Anderson, SC Girls 8:30 am, Boys 9:00 am
8/20/19	1A Scrimmage	Dixie/Long Cane Creek, <u>Donalds</u> , SC, Boys & Girls @ 7pm
9/19/19	Ninety Six High School Meet	Ninety Six High School, 5:00 pm
9/28/19	Lakelands Invitational	Connie Maxwell, Greenwood, SC
10/15/19	Crescent High School Meet	Crescent High School, 5:30 pm (Attendance dependent on transportation; students are not in school 10/15)
11/2/19	Quarter Final 1A-2A	8 am
11/9/19	Columbia State Finals	TBD

Monday	Tuesday	Wednesday	Thursday	Friday
29	30 Interest Meeting -Physicals? -Transportation?	31	1 Timed Mile on track 2 Laps CR	2
5 1 laps WU Fartlicks- 2x3x4x3x2x1	6 2 laps WU Trail (2.2)	7 No practice	8 2 lap WU TIMED Trail (2.5)	9 No Practice
12 2 laps WU Fartlicks- 2x3x4x3x2x1	13 2 laps WU 2 Laps CR CD- 1 lap	14 2 laps WU Trail (2.2) X2	15 2 lap WU Bleacher Hills TIMED Trail	16 No Practice
19 Timed Mile on track 1 Laps CR	20 1A Scrimmage @ Dixie High 7pm	21 No Practice	22 2 laps WU Fartlicks- 2x3x4x3x2x1	23 No Practice
26 2 laps WU Trail (2.2) x2	27 2 laps WU Fartlicks- 2x3x4x3x2x1	28 2 lap WU TIMED Trail (2.2) CD- 1 lap	29 2 laps WU 2 Laps CR CD – 2 Laps	30 No Practice