Summer 2019

Hello Jags 2019 XC Families!

The 2019 XC season will soon be upon us. Our athletes have been working very hard as we approach the end of the first month of summer training. The coaching staff is very excited about the upcoming XC season! With continued hard work and commitment through July and August, we are confident that the 2019 TEAM will continue the history of success our program has had these past 16 seasons.

Our Summer Training will continue through Saturday, July 27. Reminder that our Team Camp in Steamboat Springs will be held July 17-20. We will be leaving the afternoon of the 17th; therefore, we will not be holding practices at RCHS, July 18-20. Beginning the week of July 29, training time (am or pm), will TBD. Beginning the week of August 5th, practices will begin at 3:10pm.

Our first “official” Fall Sports practice will be Monday, August 5th. Please make sure your athlete has completed the following by that time:

1 – Registered for Fall Sports the tough the RCHS athletic page (should be open by mid July) Link: <https://www.rchsjags.com/register-here>

2 – Pay Athletic Fee

3 – Turn in up to date Physical

Woodbridge Invitational (Irvine, California)

September 20-22 our Varsity (Top 7) Boys and Girls will be making the trip to Southern California to compete in the prestigious Woodbridge meet. Selection for the teams will be made based on early season performances. We feel it’s a great opportunity for our athletes to compete in one of the premier races in the nation. More info to come.

Fall Break and Regional Championships

The 2019 Regional Championships will be held during the week of our fall break. This is the meet that qualifies us for the Colorado State Championships, and we are allowed to run 9 boys and 9 girls at the Regional. This year’s meet will be held Thursday, October 17th at Monument Valley Park in Colorado Springs.

Due to the importance of the Regional meet the coaching staff’s expectation is that athletes participating commit in advance to being at all weekend and weekday practices during fall break. Athletes that are not in town over fall break will not be considered for the Regional, or State Championship teams.

**Nike Cross Regional Championships in Arizona**

In November, we will once again be traveling to the Nike Cross Regional Southwest Championships in Casa Grande, AZ the weekend of November 22-24. This is an opportunity for our TEAM to race in what is arguably one the most competitive high school 5K XC races in the country! It is also an opportunity to qualify for the Nike Cross Country National Championships in Portland on December 7th. The cost of the trip has been approximately $500 per athlete in the past. **The evening of our Regional Championships, the Coaching Staff will invite via email, approximately 30 or more athletes to attend the NXRSW trip as a member of our RCXC Club if the following requirements have been** **met:**

* Consistently train over the summer with our team.
* Stay in town to train and race during fall break (Oct 12th-20th).
* Continue to train and attend practice each day after the League meet until the NXRSW Regional in November.
* Athletes follow all team policies related to academics, sportsmanship, etc. during the season.
* To be eligible for the Championship race (7 boys and 7 girls) athletes will need to commit in advance to being at all practices the week of Thanksgiving if we qualify for Nike Cross Nationals.

Important Summer Dates:

July 4th No Practice Instead run the- July 4th: HRCA Independence Day 5K (register on your own) Link -<https://hrcaonline.org/about-us/guides-communication/calendar-schedules/event-details/independence-day-5k-6>

July 17-20 – Steamboat Springs Team Camp – Invites will be sent in early July.

July 26 – Last Day of HS/MS Summer Camp

August 5 – First Day of Official Practice

August 23 – First Race – Vista XC 2 Mile @ Mountain Vista HS

We are looking forward to another great Jags XC season!

“desire and dedication are EVERYTHING if you wish to be successful” Vince Lombardi.

Sincerely,

Coach, Davies, Tremaine, and Grant