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| May 2023 | Pope XC 2023  Latest news and updates | | | | | | | | | | | | Issue #14 |
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| Right now you need to do the following for Pope XC:   1. Get a new physical and upload it to Your Student -vue account. [form](https://sbcobbstor.blob.core.windows.net/media/WWWCobb/medialib/2023-2024-physicalformentire.8f787682093.pdf) 2. [Register for the 2023 XC team](https://popetfxc.com/2023-xc-registration) 3. Check [www.popetfxc.com](http://www.popetfxc.com) for updates.   A collage of people in a gym  Description automatically generated with medium confidence  A group of people standing in a field  Description automatically generated with low confidence | | |  | | A collage of people working out  Description automatically generated with medium confidence  A group of people posing for a photo  Description automatically generated with medium confidence | | | | | | | | | |
|  | | Athletes may be STRONGER than they appear!!!!!! | | | | | | | | | |
| What do I need to know for the summer training? | | | | | | | | | |
| Once you have been cleared by the athletic department you will be eligible to attend summer weight room sessions and run with the team. We will update [www.popetfxc.com](http://www.popetfxc.com) with the most recent list of athletes who are cleared. ONLY those athletes are eligible to attend workout sessions.  Weight room training- Pope HS is fortunate to have our Strength and Conditioning Coach, Jerad Johnson, to conduct overall fitness training in the summer. These sessions are held in the weightroom on Monday/Wednesday/Thursday’s 11-12 and start 6/5. All athletes should come dressed in workout clothes and bring a water bottle.  Summer training runs- Athletes should progress over the summer so that they can jog for at least 20-30 minutes by the time school begins. We will have several team runs during the summer that will prepare athletes for the XC racing season. Once registered you will receive a training calendar for the summer. First team run for returners is 6/12 and for new runners is 6/26. | | | | A group of people running on a field  Description automatically generated with medium confidence  A group of people in a basketball court  Description automatically generated with low confidence | | | | | |
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| Returning athletes should plan on attending at least 10 sessions (weight room and/or training runs) over the summer OR load 15 workouts on Strava to avoid having a time qualifier at the time trial.  New runners do NOT have time qualifier to make the team but are encouraged to get in shape over the summer. | | | | 2 mile run time trial standards to make the Pope XC team:                          **Boys                Girls**   Seniors            12:55              16:40   Juniors            13:30               17:00   Sophomores    14:10               17:20  New athletes of any grade will not have a time qualifier if they add to the overall PXC program. ALL athletes will run the time trial to be placed in a training group. | | | | | | | Join us on social media: Instagram: Pope\_ xc   Strava running app: download the app, set up an account and then search Pope high school XC in the club section. | | | |
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|  | | Proposed schedule will be updated in mid July. | | | | | | | | | | A group of people posing for a photo  Description automatically generated with medium confidence | | | |
| Image previewA collage of a person running  Description automatically generated with low confidence  A picture containing grass, outdoor, person, standing  Description automatically generated  Image previewA collage of a person running  Description automatically generated with medium confidence   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Date** | **Meet** | **location** | **Time** | **Athletes** | | Sat. 8/12 | Hoya 2 mile Invitational | Allatoona Creek Park | 8-12 | ALL | | Sat. 8/19 | Kosh Classic | Westminster HS | 8-12 | ALL | | Sat. 8/26 | Kowboy XC Invitational or Bob Blastow | Kissimmee/FL or Douglas County GA | 8-12 | ALL | | 9/2 | OFF (Labor Day) |  |  |  | | Sat. 9/9 | Carrollton Orthopedic XC | Carrollton, GA | 6-12 | Top 14 | | Sat. 9/16 | Cobb County Championships | Allatoona Creek Park | 8-12 | ALL | | Fri. 9/22 | Wingfoot Classic | Sam Smith Park, Cartersville, GA | 7-12 | ALL | | Tues. 10/3 | Cass Cartersville Invitational | Dellinger Park Cartersville, GA | 2-7 | ALL | | Sat. 10/14 | East River Invitational or Coach Wood Invitational | Orlando FLA  Or Douglas County GA | 7-1 | ALL | | Tues or Wed tba 10/25 ? | Region meet | TBA | 9-1 | ALL | | Saturday 11/4 | State | Carrolton Elementary School, Carrollton GA | 2:00 and 2:30 | TOP 10 |   Contact [cathi.monk@cobbk12.org](mailto:cathi.monk@cobbk12.org) with questions | | | | | | | | | | | | | | | |
| A group of people posing for a photo  Description automatically generated | | | | | | A collage of people running on a track  Description automatically generated with medium confidence | | | | Mandatory practice for all athletes begins 7/24-7/28 from 7:30-8:30am. @PHS  Practices once school begins @PHS starting 8/1 M/T/Th 3:45-5:45 W/F 6:20-7:30 am \*Practice times may be adjusted due to heat or weather.  \*Dual sport athletes will need to contact the coaching staff ASAP should they have a training conflict. | | | | | |
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