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| May 2022 | Pope XC 2022  Latest news and updates | | | | | | | | Issue #10 |
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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://uploads.documents.cimpress.io/v1/uploads/77af67a0-24d2-41e7-8a97-dfdfc65cd8ee~110/original?tenant=vbu-digital) 2. [Register for the 2022 team](https://www.popetfxc.com/2020-xc-registration) 3. Check [www.popetfxc.com](http://www.popetfxc.com) for updates.   A picture containing grass, dog, different, sport  Description automatically generated | |  | | A collage of people working out  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 10-11 and start 6/6. 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 6/10 and for new runners is 6/27. | | | A picture containing text, grass, outdoor, person  Description automatically generated | | | |
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| Returning athletes should plan on attending at least 10 sessions (weight room and/or training runs) over the summer 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            12:50               16:40   Juniors            13:20               17:00   Sophomores    14:00               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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Questions: [cathi.monk@cobbk12.org](mailto:cathi.monk@cobbk12.org)

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|  | Proposed 2022 XC Schedule  (schedule will be updated mid July) | | | Issue #10 |
| A person running in a race  Description automatically generated with low confidence  Mandatory practice for all athletes begins 7/25-7/29 from 7:30-8:30am. @PHS  Practices once school begins @PHS 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.  A collage of people  Description automatically generated with low confidence  A collage of a person running  Description automatically generated with low confidence  A picture containing grass, outdoor, person, standing  Description automatically generated  A collage of a person running  Description automatically generated with medium confidence   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Date** | **Meet** | **location** | **Time** | **Athletes** | | Sat. 8/13 | Hoya 2 mile Invitational | Allatoona Creek Park | 8-12 | ALL | | Sat. 8/20 | Into the Trail invitational OR Kosh Classic | Locust Grove HS  OR Westminster HS | 8-12 | ALL | | Sat. 8/27 | Ridge Ferry Invitational OR Bob BLasto Invitational | Rome OR Whitesburg | 8-12 | ALL | | 9/3 | OFF (Labor Day) |  |  |  | | Sat. 9/10 | Carrollton Orthopedic XC | Carrollton, GA | 6-12 | Top 14 | | Sat. 9/17 | Cobb County Championships | Allatoona Creek Park | 8-12 | ALL | | Fri. 9/23 | Wingfoot Classic | Sam Smith Park, Cartersville, GA | 7-12 | ALL | | Tues. 10/4 | Cass Cartersville Invitational | Dellinger Park Cartersville, GA | 2-7 | ALL | | Saturday 10/8 | Atlanta Classic | Douglas County | 8-10 | ALL | | Sat. 10/15 | Pickens and a Grinnin’ | Jasper, GA | 7-12 | ALL | | Tues or Wed 10/26 tba | Region meet | TBA | 9-1 | ALL | | Saturday 11/5 | State | Carrolton Elementary School, Carrollton GA | 930 and 10:15 | TOP 10 | | | | | |
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