

## **O. Henry Cross Country Schedule 2025**

**Coach:** Jenny Parker jenny.parker@austinisd.org

**Assistant Coach:** Jen Stewart jennifer.t.stewart@austinisd.org

<b>Date</b>	<b>Location</b>	<b>Race Time</b>
<b>9/6</b> <b>(SAT)</b>	<b>Cedar Park XC Invitational</b> Cedar Park HS 2150 Cypress Creek Rd Cedar Park, TX	* Meet start 7:30 AM Rolling schedule for each race after. Race times are approximate. 7th -8th Girls start b/t 10:00 and 10:30 AM 7th -8th Boys immediately following
<b>9/12</b> <b>(FRI)</b>	<b>St. Andrew's Invitational</b> Tuhabonye Trail 5901 SW Parkway Austin, TX	* Walk the course 5 PM, meet start 6 PM 6:40 PM MS Girls 7:00 PM MS Boys
<b>9/20</b> <b>(SAT)</b>	<b>McNeil Invitational</b> Old Settlers Park Round Rock, TX	* Meet start 7:30 AM 12:30 PM ALL MS Boys and Girls
<b>9/27</b> <b>(SAT)</b>	<b>Marble Falls Invitational</b> Marble Falls HS 2101 Mustang Drive Marble Falls, TX	* Meet start 7:00 AM. Rolling schedule after first HS race. Times are approximate. <ul style="list-style-type: none"><li>• 10:00 AM 8th Boys</li><li>• 10:30 AM 8th Girls</li><li>• 11:00 AM 7th Boys</li><li>• 11:30 AM 7th Girls</li></ul>
<b>10/8</b> <b>(WED)</b>	<b>AISD District Meet</b> Walter E. Long Park	Times TBD - will be in the evening. The top 10 runners for boys and girls will compete.

**\*All races are 2 miles.** Arrive 1.25 hours before your race. Allow extra time for parking. Wear your race jersey or a red shirt and black shorts

**REMIND:** Download REMIND app and join O. Henry XC Remind. This is how I will communicate on race days.      **Text:** 81010      **Enter:** @ohxc2025

## O. Henry Cross Country 2025

\*\*\*\*\*

**Coach: Jenny Parker**      [jenny.parker@austinisd.org](mailto:jenny.parker@austinisd.org)

**Assistant Coach: Jen Stewart**      [jennifer.t.stewart@austinisd.org](mailto:jennifer.t.stewart@austinisd.org)

- Email Coach Parker to get onto the emailing list.
- Create an account in the Rank One parent portal. Complete the UIL and Consent forms.
- Join the O. Henry XC Remind. This is how I will communicate on race days.

**Text:** 81010      **Enter:** @ohxc2025

Welcome to another great year with the O. Henry Cross Country team! Our team provides a great way for students to meet others. Kids have fun while improving their endurance and speed. I believe running is such an important skill to develop because it gives you confidence, strength, and an activity you'll know and do for the rest of your life.

**Practice:** Practices will be on M W F from 6:55 – 8 AM until early October. Be on the track ready to warm up at 7 AM sharp! You will get out of the season what you put into it. Attend and be on time to every practice.

**Bring:** Wear running clothes and running shoes (double tied) to practice, a water bottle, a change of clothes, deodorant. Bring a towel and body wash if showering. Showers are available.

**Eat** - Eat a light, healthy breakfast before practice. Bring a mid-morning snack.

**HYDRATE!** Proper hydration starts the day before a race. Be sure to replenish electrolytes regularly. Low sugar electrolyte packets are best.

**Race Attire** - Jerseys will be on a first come, first serve basis. If your runner does not receive a jersey, provide them with a red shirt or tank and black shorts for race day.

**Number of Participants and Scoring** – All runners will be able to compete in the meets! A minimum of five participants and a maximum of seven participants will constitute a team that scores points. Racers that are 8th place or more on the team may still compete but will not score points. The first five finishers on each team will count for the total team score. The team with the lowest score wins the meet.

**Transportation** – Plan to bring your runner to all meets, or plan to carpool with other families. We may be able to ride a bus to the Marble Falls meet. More info on that later.

**Weekend/long runs** – You should train on Sundays on your own or with a friend. Anywhere from 1 – 4 miles to help with soreness from the meet. Getting extra mileage on your own will help prepare you for a successful season. Any other additional mileage you add during the week on your own is beneficial as well OR do another physical activity, such as biking, hiking, swimming, weight training, etc.