

SHREVEPORT FORCE CROSS COUNTRY 2024

Shreveport Force Cross Country is organized under the Shreveport Home School Sports organization and board, being subject to their rules and regulations. Please read over the policies. You can find them at <http://www.shreveportforce.com/policies> (**copy and paste into browser**)

WHAT IS CROSS COUNTRY?

Cross Country typically involves a race of 2 miles or 5k (3.1 miles). The athletes will run over varying terrains including grass, dirt, through the woods, and occasionally pavement.

The Force Cross Country team will compete against other XC teams in East Texas, Central/South Louisiana, and participate in some local road races.

WHO CAN PARTICIPATE WITH THE FORCE?

Shreveport Force Cross Country is for homeschooled boys and girls currently in 6th-12th grades. (Students who are registered with their local school district but choose to do a virtual option rather than attending brick & mortar are not classified as homeschoolers.)

PRACTICES

Practices begin Saturday, July 27, at 8:00 AM at Walker Place Park by Brookshire Grocery Arena. Practices will last about 90 minutes. Please be on time, wear a watch, and BRING WATER!!

Through the end of August, practices will be:

Tuesdays and Thursdays at 6:30pm
Saturdays, 8:00 am

Practices will be mainly at Walker Place Park and the Wildlife Refuge in South Bossier, but we may choose another location occasionally. We will post on TeamApp if we will not be at Walker Place.

Beginning in September, practice times will change to:

Tuesdays and Thursdays 5:30-7:00pm. Saturday practices will stay the same if there is not a meet that day.

Athletes must make practices a priority or they will not be registered for meets.

DRESS CODE

Please come to practice in comfortable athletic attire and **proper running shoes**. Keep in mind that we are a co-ed team and boys and girls will be working out together. We encourage athletes to layer bike shorts under their running shorts if needed. Shirts must be kept on during practice.

AT-HOME WORKOUTS

Since we will only meet for two to three practices per week, daily workouts will be given to the athletes on a weekly basis. The athletes are responsible for making sure to get their at-home workouts in. It will make a huge difference in their performance on race day!

MEETS

We aim to have the team compete in 5-7 meets this year, plus we may do a local road race. Most XC meets will be within a two hour drive of Shreveport and most are on Saturday mornings.

TENTATIVE SCHEDULE (I am always keeping my eyes and ears open for opportunities for the kids to compete.)

Sat, Aug 24, ALL @ Tyler Legacy, Tyler TX

Fri, Sept 13, HS team @ Hallsville, TX

Sat, Sept 14, MS team @ Border Dash in Bossier

Sat, Sept 21, ALL @ Bishop Gorman, Tyler, TX

Sat, Sept 28, ALL @ Mt Pleasant, TX

Sat, Oct 5, ALL @ Bishop Noland, Lake Charles, LA

Sat, Oct 12, ALL @ Brook Hill, Bullard, TX

Sat, Oct 19, MS team @ Benton MS, Benton, LA

HS @ Beta Chi's Zombie Run 5K, Shreveport

Sat, Nov 2, ALL @ ACEL State, Pineville, LA

COST

\$200 for the first athlete in the family. \$180 for other athletes in the same family.

This covers the cost of uniforms, team entrance fees for the XC meets, a XC t-shirt, and administrative costs. **Athletes are also responsible for their own registration to any local road races we do (Local road races are optional, but they are a lot of fun!)**

OTHER COSTS

Athletes will be responsible for purchasing their own:

*good pair of running shoes (we recommend having an evaluation at Sportspectrum, even if you do not intend to purchase from them, The right shoes make all the difference with injury prevention!)

*a watch with a stopwatch function (you can get these at Walmart or Academy for about \$15). GPS watches are super helpful but not required.

*The local road races are not covered by the XC fees and each athlete will need to register on their own if they'd like to participate in those.

*Cross country spikes/racing flats are optional.

Email track@shreveportforce.com with any questions!