

Welcome to Montrose Cross Country 2023 montrosexc.weebly.com



Coaching Staff



- **Brian Simpson**
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- **Chris Whittaker**
 - 970-596-2550
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- **Amerson Woodie**
 - 970-596-0029
 - amersonwoodie@hotmail.com
- **Tyler Loyd**
 - MHS Science Instructor
- **August 7, 2022 – Season Starts**
- **Everything MHSXC – montrosexc.weebly.com**
- **All athletes must register with rSchool (MHS Ath Page)**
 - Physical, Insurance, Impact Test
 - Yellow page comes back to Coach Simpson

Update Contact Information



- Veterans: If something has changed from last year, please send that information to me.
- First Year, please fill out the information sheet.
- Look at the 2023 roster sheet.

What is Cross Country?



- Must have a current Physical turned into the MHS Athletic Office!!!!
- **Race**
 - 5000 meters or 3.1 miles
- **Varsity**
 - 7 on varsity – 5 score team points
- **Who Travels**
 - Everyone who is eligible will race
- **Practice Times**
 - 4pm – 6:30pm M-F, Saturday Practice
- **Season**
 - August – October (Only varsity to Reg & State Meets)

Summer Training



- **Choosing your summer workout group.**
 - Veterans = move up if possible – talk to Coach Simpson if you have questions.
 - 1st Year @ MHS = start with group “C”.
 - ✦ If you think you want to move up please talk to Coach Simpson.
- **Log your miles or times**
 - Look at progression of distances or times
- **Starts the first week of June.**
 - Beware of vacations from summer training
- **Cross Training * Shoes & Running Buddy**
 - Biking, Hiking, Climbing
 - Be very careful of Cross Fit Training.

Fundraising



- Peaches
 - See Form.
- 2023 Season
 - Each athlete needs to raise \$300 for their season.
 - Where the money goes can be seen on the website.

Make Checks Payable To:

- ✦ **Montrose Cross Country Booster Club**

Cross Country Camp



- **Uncompahgre Valley Cross Country Camp**
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- July 31 -- August 4
- 8 a.m. – 11 am Daily
- Open to all 8th - 12th grade students
- Registration Deadline: Friday, July 10, 2023
- Registration Fee: \$60

Remind (Text Messaging)



- Used to text the team/parents with quick reminders or messages.
- Open a blank texting window
- In the “To:” box type in the following number
 - 81010
- In the “Message:” box type in the following message
 - @xc41
- You should receive a text back from the Remind.com site. You don't need to reply 😊
- You are now on the MHS XC Remind page