

RIDGE VIEW



CROSS COUNTRY

2009 Summer Conditioning Information Packet



Welcome

Welcome to Ridge View Cross Country! We are excited that you have chosen to learn more about the girls and boys programs here at Ridge View High School.



Cross Country at Ridge View is an experience that you will not soon forget. You will be challenged mentally, physically and emotionally, but the rewards gained will stay with you the rest of your life. As coaches we train runners, but more than that, *we train people to be the best they can be in all that they do.*

Come join us for a great summer of challenging training, exciting trips, and great friends.

In this packet you will learn how you can earn all expense paid trips to the beach, Carowinds as well as camping trips, bowling outings and other activities.



It's going to be a wonderful summer! We look forward to seeing you as we prepare for the 2009 season!



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Explanation of Summer Conditioning

Summer is one of the most important times in the life of a cross country runner. It is during the summer months that the base of strength is built up to a high level so that you are able to excel throughout the fall Cross Country season.

Training calendars will be tailored to your individual needs. If you are a new runner, don't worry, we will help you get started in a safe and injury-free manner. Before you know it, you will be running farther and faster than you ever thought possible!

Likewise, if you are an experienced runner, training will be tailored to help take you to the next level in your running.

Morning training sessions will include warm up runs, stretching, core strengthening exercises, long runs, and form running drills among other activities. Every component of the workout is important in helping you gain the speed and strength that will contribute greatly to you having a successful Cross Country season.

Times and Locations

The RVHS Boys and Girls Cross Country teams will be meeting for summer conditioning at Sandhills Research Park (900 Clemson Rd, Columbia, SC 29229) on **Mondays, Wednesdays** and **Thursdays** from 7:00-9:00 AM and at the Ridge View High School track on **Tuesdays** and **Fridays** from 7:00-9:00 AM throughout the summer.

Attendance will be taken daily at these workouts in order to determine eligibility for awards.

Workouts will begin promptly at 7:00 AM. Arriving at 7:01 will allow you to marked present, but you will be marked tardy. 3 tardies equals missing one workout.

The first official summer workout will be held on Monday, June 8, 2009 at Sandhills Research Park beginning at 7:00 AM.

NEW THIS YEAR - Optional 7:00 AM Sunday runs will be offered this summer at the location of the team's choice.

Keep in mind, if it is raining we will still be running. We will run inside the school on days that lightening is present. Please contact the coaching staff on the morning of days that lightening is present to find out the plan for training that day.

Requirements for Summer Training

To begin training with Ridge View Cross Country, all you need is a physical on file with RVHS that is dated after April 1, 2009. Once you obtain this physical, you can turn it into any member of the Cross Country coaching staff or Coach David Gordon, Ridge View's athletic director. This physical must be on file before you begin training with us.

Please have a good, comfortable pair of running shoes and lightweight clothing to train in. Good shoes can help prevent nagging injuries from occurring and will make running more enjoyable. Also, please bring a watch with you to every practice/workout we have.

Spring Practice

Spring practice for Cross Country will be held beginning on May 28, 2009 from 3:45-5:15 PM. We will have a one mile time trial on June 4 to find out where you stand as a runner. We will use this time as a measuring stick to tailor the first part of summer conditioning to meet your needs.

Spring practice will continue each day after school through June 4, 2009 and will include light running to help the summer get started right.

Reward Trips

Training with Ridge View Cross Country allows you the opportunity to earn free trips to a variety of locations by your attendance and/or mileage compiled throughout the summer months. The reason we offer so many trips and rewards is that we know the commitment you are making to run Cross Country at Ridge View, and we believe that commitment should be rewarded!

The following is an explanation of the trips that are being offered this summer:

- **Camping Trip (Boys Team)**

The camping trip to Congaree National Park in Hopkins will be June 19-20, 2009. There are no mileage or attendance requirements to attend the camping trip. We are planning on getting a few good runs in as well as fishing, canoeing and other activities. This will be a great chance to get to know each other and spend time in a beautiful place. More specific information about this trip (i.e. itinerary) will become available as soon as possible. Runners will need to provide their own tents, sleeping bags, etc.

- **Beach Trip (Boys and Girls Teams)**

The summer beach trip to Litchfield Beach, SC will be August 7-9. This will be an all expense paid trip to the beach for the weekend. We will hang out at the beach, the pool, while enjoying fishing, running and a host of other activities.

Requirements for this trip are:

- **375 miles logged(see attached) and emailed to either Coach Rosefield or Coach Yachanin by July 31.**
- **Have attended 34 out of 40 summer morning workouts through July 31, 2009.**
- **Be in good standing with the team.**
- **Special consideration will be given to runners just joining the program in the summer and also to runners attaining more mileage than listed in the requirements. Final decisions on runners able to attend this trip will be made by the coaching staff.**

- **Carowinds Trip (Boys and Girls Teams)**

This year, the Carowinds trip will be held on the same day as the Providence Invitational (Saturday, August 29th). Runners meeting the qualifications to attend this trip will have their ticket paid for as well as transportation to Carowinds after the race. We will leave in the early morning for the race and return in the evening after the race.

Requirements for this trip are:

- **Have attended at least 80% of the summer workouts throughout the entire summer (through August 19th).**

Win an iTunes Gift Card

The runner attending the most practices(boy or girl) throughout the summer will receive an iTunes gift card \$50 **OR** a \$50 gift card to Strictly Running. Keep in mind attendance will be taken at morning workouts only. Also, there are minimum mileage requirements to be eligible for the gift cards(See awards table contained in this packet).

Providence Invitational

Runners will qualify and have their entry fee paid for the Providence Invitational at McAlpine Park in Charlotte on August 29th if they attend 80% of the summer workouts through August 19th. This is a great preseason race that will give you the chance to see the same course where the Wendy's Invitational, one of the largest Cross Country races in the Southeast, is run. In addition to being able to run this race, runners who meet the qualifications for this trip will have their ticket paid for Carowinds that afternoon and evening. It's going to be a great day of running and relaxing!

Columbia Running Groups

Strictly Running (Harden St. Columbia, SC) is a great resource to you as a runner. Everything you need to be outfitted from shoes to apparel to nutritional items are carried at Strictly Running. The owners of this store truly care about the sport and offer several different options to you to further your training. Below are a couple of the groups that run in addition to our morning training. Remember, running twice a day will not hurt you as long as you are not over-training. If you would like to join one of these groups, please check with the RV Cross Country coaching staff prior to joining so that they can determine whether or not you would be over-training. For more information on strictly running, check out their website at www.strictlyrunning.com

- **Strictly Running Elite Group**

To run with this Sunday morning Strictly Running group, you must be able to run at least an 8:15 mile. They meet at 7 AM at Strictly Running (736 Harden St.) with Mark Bedenbaugh, XC coach at Pelion and co-owner of Strictly running. Past participants include Josh Walker, Kate Niehaus, Jonathon Chu, Graham Tribble and other high-level runners. As with other summer workouts, running with this group is totally optional and will not count towards attendance for summer workouts, but it will count for total miles and you will receive a t-shirt if you attend at least 3 of these sessions. For more information visit www.strictlyrunning.com. This group is for runners who want to take their training to the next level.

- **Wednesday Evening Running Group**

Anyone can run with the Wednesday afternoon Strictly Running group. They meet at Riverfront Park at 5:15 PM and run with Ken Lowden. Running with this group is totally optional and will not count towards attendance for summer workouts, but it will count for total miles. Visit www.strictlyrunning.com for more information.

Summer Road Races

Runners will receive prizes for each race they compete in that is listed on the Strictly Running website. For more information on these races, contact Strictly Running at (803) 799-IRUN (4786) or www.strictlyrunning.com and click on "SC 2009 Running Schedule." There are a variety of great races around the state in addition to the Born in the USA race on July 4, and the Hot Summer Night race on August 1.

The Hot Summer Night race has become a staple in the Ridge View Cross Country summer training. Last year, Ridge View XC was represented by over 10 runners and their parents! It was a great showing for the Blazers at a great race. Mark Bedenbaugh, part-owner of Strictly Running and Pelion High School's Cross Country coach, gives us a great deal on the entry fee to run in this race. We hope to see you there again this year!

Running Log Explanation

In order for the coaching staff to keep track of your summer mileage, runners are asked to record the amount of miles run each day during the summer (see attached Running Log - Summer 2009). Place the running log in a conspicuous place to allow you to keep track of your daily progress. In addition to recording mileage on the running log, runners are asked to send weekly e-mails to Coach Rosefield at brosefield@richland2.org (boys) or Coach Yachanin at ayachanin@richland2.org (girls) each Saturday or Sunday outlining your week's work with the following information:

- Total mileage for the week.
- The mileage you ran each day.

The following is the preferred method for weekly mileage emails:

"Hey coach, I ran 36 miles this week. Monday I ran 6, Tuesday 7, Wednesday 5, Thursday 6, Friday 5, Saturday 8, Sunday Off"

It is important that you be honest with your mileage totals each week. If you run on your own, run a route that you know is "X" amount of miles. Honesty and integrity will be highly stressed throughout the season.

Also, keep in mind:

If you do not e-mail your miles into the coaching staff each week, you will not be able to qualify for any trips and/or other rewards.

2009 Blazer Cup

New to Ridge View Cross Country summer conditioning this year is the 2009 Blazer Cup competition. The Blazer Cup is a summer-long competition for boy and girl runners that will test them in a variety of ways. Runners will earn points based on their performance in various

events/opportunities, and at the end of the summer a boy or a girl runner will be crowned the 2009 Blazer Cup champion.

Events and opportunities for points will include:

- Attendance at Summer Practices
- Community Service
- Participation in Fundraising Events
- 100 Mile Increments Attained in Summer Mileage
- Bowling Nights
- Putt Putt Nights

Community service opportunities abound in the summer. Reputable places to volunteer are:

- Habitat For Humanity
 - 252-3570 or www.habitatcsc.com
- God's Storehouse
 - 691-1622
- Harvest Hope Food Bank
 - Edna Bowers - 254-4432 ext. 115 or ebowers@harvesthope.org
- The Free Medical Clinic
 - Jennifer Glover-Hawkins - 765-1503 or volunteer@freemedclinic.org
- Goodwill
 - Porchea - 865-6505
- And Many More!

Ask the coaching staff for other community service opportunities in the Columbia area or for more information about the above organizations. You will need to inform the coaching staff prior to performing community service.

The purpose of the Blazer Cup is to allow runners to learn the summer is not all about training their bodies for the upcoming season, but that it's also about helping others, helping the program and having fun at the same time.

Keep your eyes open for the first Blazer Cup event coming up in June!

Points breakdown:

Summer workout attended	1 point
Participation in fundraising outing.....	1 point
1 hour of community service	1 point
100 mile increment in summer mileage attained	2 points
Bowling night champion	2 points
Putt putt night champion	2 points

There will be other opportunities to earn points, however your greatest chance to earn points is to attend morning workouts. Keep in mind, for every third time that you are tardy to a morning workout, we will subtract a point. Bonuses will be awarded to the top 3 summer conditioning attendees at the end of the summer.

Oh, we almost forgot to mention that the winner of the Blazer Cup will win an **iPod Touch**. There will be prizes for second and third place as well. Let the 2009 Blazer Cup begin!

Awards Table

The following is the awards table for this summer and what you will be eligible to receive. Groups will be assigned by the coaching staff in the first few weeks of summer conditioning:

	Group A	Group B	Group C
700 Miles	Sweatshirt and T-Shirt*	N/A	N/A
600 Miles	Sweatshirt*	Sweatshirt and T-Shirt*	N/A
500 Miles	T-Shirt*	Sweatshirt*	Sweatshirt and T-Shirt*
400 Miles	Handshake and pat on back	T-Shirt*	Sweatshirt*
300 Miles	Handshake	Handshake and pat on back	T-Shirt*
200 Miles	Mean Look	Handshake	Handshake and pat on back

*Also eligible for iTunes card/ gift card to Strictly Running

Other prizes will likely become available such as gift certificates to local restaurants, etc.

Group A is typically rising Juniors and Seniors.

Group B is typically rising Freshmen and Sophomores.

Group C is typically rising Middle School and new runners.

However, exceptions can be made.

Mandatory Practice

The first day of mandatory practice will be Friday, July 31st at 7:00 AM at Ridge View High School.

Attendance:

- Mandatory practices are required for returning runners and runners that have been working out with us throughout the summer. You are allowed TWO unexcused absences. This rule will stand for the entire season. Upon missing their third practice for an unexcused reason, athletes run the risk of being removed from the team.
- To avoid unexcused absences, you must notify Coach Rosefield or Coach Yachanin in writing, via phone call, or via e-mail (strongly preferred) at least 3 days in advance of the absence. Exceptions to this rule include sudden illness, illness/death in the family, etc.

Being On Time to Practice:

- On July 31st, summer conditioning changes to mandatory summer practice. Runners arriving late to summer practices will face consequences to be determined by the coaching staff. These consequences may be lessened if runners contact the coaching staff ahead of the tardy.

Communication With the Coaching Staff

Runners are asked to communicate with the coaching staff ahead of time if they know when they will be absent from workouts. We ask the runners to do this because we believe in them taking responsibility and ownership over what they do. Parents, we love you, but in these cases we want to hear from your child unless there is a serious emergency or incident involved. Runners, when you call and either one of us doesn't answer, please leave a message. Simply calling is not enough.

Coach Brian Rosefield can be contacted in the following ways:

Email - brosefield@richland2.org

Cell Phone - (803) 983-4942

Coach April Yachanin can be contacted in the following ways:

Email - ayachanin@richland2.org

Cell Phone - (216) 215-6364

Our website can always will be accessed by going to the main Ridge View HS website at www.rvhs.org There you can find updated information concerning summer conditioning.

Fundraising

Over the years, Ridge View Cross Country has been able to provide top quality gear to it's runners at no cost. Last year alone, runners received two t-shirts, a full hooded sweatsuit with personalization, a gym sack backpack and an enormous amount of food at meets. These luxuries are due to you greatly assisting the Booster Club's efforts in fundraising over the past few years. This year, we will need your help more than ever to raise the necessary funds to help our programs provide gear, food and trips to runners at no cost. We will hold a variety of fundraisers throughout the summer to allow you earn Blazer Cup points and help out Ridge View Cross Country.

We are setting a goal for each runner to raise \$175 to cover their individual costs for trips, food and gear.

As of today, it appears that Ridge View High School will be entering into a contractual agreement with Nike so they can become our exclusive provider of clothing and other gear. If this goes through, we will be extremely fortunate to be able to get high-quality Nike products at a discounted price. What does that mean for you? It means you will get top quality sweats, shoes and other gear for a fraction of retail price. We are working on a package to provide you with a full Nike fleece sweatsuit, short Nike sleeved shirt, long Nike sleeved shirt, Nike gym sack and Nike beanie for \$97. The sweatsuit alone would cost \$100 retail.

As you will see in the next section in this packet, we will be taking an overnight trip to Myrtle Beach for a race at Coastal Carolina University. This is one of the top races in the Southeast and will afford runners the chance to watch a college race as well as been seen by college coaches. We are arranging for top-quality accommodations for the entire weekend. The cost of this trip to you will only be around \$50.

The other \$25 you are asked to raise will go towards food at races, transportation and other general costs for the Cross Country Program including possibly a new tent for meets.

For each fundraiser, the coaching staff(with the help of the booster club) will keep track of how much money you bring in individually. For example, if we hold a car wash and you sell \$100 worth of tickets, then you will earn \$100 towards your goal of \$175.

Also, keep in mind that the top fundraising runner(i.e. the runner bringing in the most funds to the program) will receive a \$50 iTunes gift card so keep raising even if you pass \$175. You are helping the program and your teammates by surpassing your goal.

Please know that you are not required to raise this money in order to run Cross Country at Ridge View. We are simply taking a more individualized approach this year in regards to fundraising to help teach runners the value of hard work and working towards obtaining nice things. You will not be required to purchase the gear package nor will you be required to attend the beach trip, however if you are interested in either or both of these things, you will need to raise the funds or pay out of pocket.

We are planning several fundraisers this summer in addition to the carwash being held on June 9. Tickets to be pre-sold for this carwash will be distributed during spring practice.

2009 Season Schedule

We are excited to announce some changes in this year's race schedule. Plans are being finalized for a weekend trip to Myrtle Beach, in addition to the other big meets we will run. The coaching staff wants to provide runners with as many positive experiences and exposure as possible this year, and they feel that taking RV XC to bigger races will help contribute to this! It's going to be a fun schedule! Please see the attached calendar for the meet schedule for 2009. The dates should not change, but times of races are to be announced.

Facebook and Other Internet Communications

A Facebook profile has been created to help runners and alumni stay in touch. Please add Ridge View Xc as your friend if you have a Facebook account within the first few weeks of the summer. Feel free to use this friend to send in your weekly mileage if you so choose.

Please visit the Ridge View Cross Country website (can be accessed through www.rvhs.org), for updated scheduling information. Contact information for the coaching staff can be found there as well as a host of other information concerning Ridge View Cross Country.

Summer Camps

Cross Country camps abound in the summertime. Runners of all levels are encouraged to attend if they so choose. You will receive attendance credit for any running camp that you attend.

Strictly Running is conducting a camp on June 22-25 in the mornings. This would be a great opportunity to learn some tips from very knowledgeable runners. Check out www.strictlyrunning.com for more information.

Recruiting

If you have friends that you think are interested or would be good "fits" for our program, please bring them to practice/conditioning, have them add Ridge View Xc as a Facebook friend, or have them call/email a member of the Cross Country staff. We would love to hear from them and answer any questions they may have. The future success of our program depends on current runners finding new runners!

Final Notes

We are excited about the upcoming summer conditioning period and the 2009 season. 2008 was very successful for both the girls and boys teams, but we believe that the best is yet to come for Ridge View Cross Country. The work you put in this summer will determine what kind of year you have as an individual and what kind of year we have as a team. We should look to greater things in the future, and for Ridge View Cross Country to take the next step, we must have a great summer of conditioning.

A few of the stated goals for Ridge View Cross Country are for runners to be pushed to their limits, to learn self-control and self-discipline, and to enjoy what they're doing with a solid group of young men and women. Come out this summer ready to work and ready to grow as a person.

Be prepared to work hard, but also be prepared to have the time of your life.

"The race is not given to the strong or to the swift, but to the one that endures."

Please feel free to contact the coaching staff at anytime with any questions you may have.

Brian Rosefield
Boys Cross Country Coach
brosefield@richland2.org
Mobile (803) 983-4942

April Yachanin
Girls Cross Country Coach
ayachanin@richland2.org
Mobile (216) 215-6364

Running Log - Summer 2009

Date	Miles	Date	Miles
Remember to e-mail Coach Rosefield brosefield@richland2.org or Coach Yachanin (ayachanin@richland2.org) each weekend to submit your mileage for each Sun-Sat.		7/4/2009	
		7/5/2009	Send e-mail
		7/6/2009	
		7/7/2009	
		7/8/2009	
		7/9/2009	
		7/10/2009	
5/25/2009		7/11/2009	
5/26/2009		7/12/2009	Send e-mail
5/27/2009		7/13/2009	
5/28/2009		7/14/2009	
5/29/2009		7/15/2009	
5/30/2009		7/16/2009	
5/31/2009	Send e-mail	7/17/2009	
6/1/2009		7/18/2009	
6/2/2009		7/19/2009	Send e-mail
6/3/2009		7/20/2009	
6/4/2009		7/21/2009	
6/5/2009		7/22/2009	
6/6/2009		7/23/2009	
6/7/2009	Send e-mail	7/24/2009	
6/8/2009		7/25/2009	
6/9/2009		7/26/2009	Send e-mail
6/10/2009		7/27/2009	
6/11/2009		7/28/2009	
6/12/2009		7/29/2009	
6/13/2009		7/30/2009	
6/14/2009	Send e-mail	7/31/2009	
6/15/2009		8/1/2009	
6/16/2009		8/2/2009	Send e-mail
6/17/2009		8/3/2009	
6/18/2009		8/4/2009	
6/19/2009		8/5/2009	
6/20/2009		8/6/2009	
6/21/2009	Send e-mail	8/7/2009	
6/22/2009		8/8/2009	
6/23/2009		8/9/2009	Send e-mail
6/24/2009		8/10/2009	
6/25/2009		8/11/2009	
6/26/2009		8/12/2009	
6/27/2009		8/13/2009	
6/28/2009	Send e-mail	8/14/2009	
6/29/2009		8/15/2009	
6/30/2009		8/16/2009	Send e-mail
7/1/2009		8/17/2009	
7/2/2009		8/18/2009	
7/3/2009		8/19/2009	

May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				REGION MEET April 30	1	2
3	4	5	6	7	8	9 Lower State Qualifier
10	11	12	13	14 <i>XC Meeting</i>	15 State Meet	16 State Meet
17	18	19	20	21	22	23
24	25 No School	26	27	28	29 Spring Practice 3:45-5:00 PM	30
31						

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Spring Practice 3:45-5:15 PM	2 Spring Practice 3:45-5:15 PM	3 Spring Practice 3:45-5:15 PM	4 Spring Practice 3:45-4:45 PM 1 Mile Time Trial	5 Last Day of School Graduation 8:30am	6
7	8 Conditioning at Sandhills 7:00-9:00 AM	9 Conditioning at Ridge View 7:00-9:00 AM	10 Conditioning at Sandhills 7:00-9:00 AM	11 Conditioning at Sandhills 7:00-9:00 AM	12 Conditioning at Ridge View 7:00-9:00 AM	13
<small>1</small>	<small>1</small>	<small>2</small>	<small>3</small>	<small>4</small>	<small>5</small>	
14 Optional Sunday Run Time and Location TBA	15 Conditioning at Sandhills 7:00-9:00 AM	16 Conditioning at Ridge View 7:00-9:00 AM	17 Conditioning at Sandhills 7:00-9:00 AM	18 Conditioning at Sandhills 7:00-9:00 AM	19 Conditioning at Ridge View 7:00-9:00 AM <i>Camping Trip to Congaree National Swamp</i> <small>10</small>	20 <i>Camping Trip to Congaree National Swamp</i>
<small>2</small>	<small>6</small>	<small>7</small>	<small>8</small>	<small>9</small>	<small>10</small>	
21 Optional Sunday Run Time and Location TBA	22 Conditioning at Sandhills 7:00-9:00 AM	23 Conditioning at Ridge View 7:00-9:00 AM	24 Conditioning at Sandhills 7:00-9:00 AM	25 Conditioning at Sandhills 7:00-9:00 AM	26 Conditioning at Ridge View 7:00-9:00 AM	27
<small>3</small>	<small>11</small>	<small>12</small>	<small>13</small>	<small>14</small>	<small>15</small>	
28 Optional Sunday Run Time and Location TBA	29 Conditioning at Sandhills 7:00-9:00 AM	30 Conditioning at Ridge View 7:00-9:00 AM				
<small>4</small>	<small>16</small>	<small>17</small>	<small>14</small>			

2009

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Conditioning at Sandhills 7:00-9:00 AM 18	2 Conditioning at Sandhills 7:00-9:00 AM 19	3 Conditioning at Ridge View 7:00-9:00 AM 20	4 Born in the USA Race
5 Optional Sunday Run Time and Location TBA 5	6 Conditioning at Sandhills 7:00-9:00 AM 21	7 Conditioning at Ridge View 7:00-9:00 AM 22	8 Conditioning at Sandhills 7:00-9:00 AM 23	9 Conditioning at Sandhills 7:00-9:00 AM 24	10 Conditioning at Ridge View 7:00-9:00 AM 25	11
12 Optional Sunday Run Time and Location TBA 6	13 Conditioning at Sandhills 7:00-9:00 AM 26	14 Conditioning at Ridge View 7:00-9:00 AM 27	15 Conditioning at Sandhills 7:00-9:00 AM 28	16 Conditioning at Sandhills 7:00-9:00 AM 29	17 Conditioning at Ridge View 7:00-9:00 AM 30	18
19 Optional Sunday Run Time and Location TBA 7	20 Conditioning at Sandhills 7:00-9:00 AM 31	21 Conditioning at Ridge View 7:00-9:00 AM 32	22 Conditioning at Sandhills 7:00-9:00 AM 33	23 Conditioning at Sandhills 7:00-9:00 AM 34	24 Conditioning at Ridge View 7:00-9:00 AM 35	25
26 Optional Sunday Run Time and Location TBA 8	27 Conditioning at Sandhills 7:00-9:00 AM 36	28 Conditioning at Ridge View 7:00-9:00 AM 37	29 Conditioning at Sandhills 7:00-9:00 AM 38	30 Conditioning at Sandhills 7:00-9:00 AM 39	31 Summer Practice at Ridge View 7:00-9:00 AM Mandatory Practice Begins 40	

2009

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Hot Summer Nights
2 Optional Sunday Run Time and Location TBA 9	3 Summer Practice at Sandhills 7:00-9:00 AM 41	4 Summer Practice at Ridge View 7:00-9:00 AM 42	5 Summer Practice at Sandhills 7:00-9:00 AM 43	6 Summer Practice at Sandhills 7:00-9:00 AM 44	7 Scrimmage at Sandhills with Spring Valley, Summerville and Fort Mill – 9:00 AM BEACH TRIP TO LITCHFIELD BEACH, SC 45	8 BEACH TRIP TO LITCHFIELD BEACH, SC
9 BEACH TRIP TO LITCHFIELD BEACH, SC 10	10 Summer Practice at Sandhills 7:00-9:00 AM 46	11 Summer Practice at Ridge View 7:00-9:00 AM 47	12 Summer Practice at Sandhills 7:00-9:00 AM 48	13 Summer Practice at Sandhills 7:00-9:00 AM Teachers Report 49	14 Summer Practice at Ridge View 7:00-9:00 AM 50	15
16 Optional Sunday Run Time and Location TBA 11	17 Summer Practice at Sandhills 7:00-9:00 AM 51	18 Summer Practice at Ridge View 7:00-9:00 AM 52	19 Summer Practice at Sandhills 7:00-9:00 AM 53	20 Practice at Ridge View 3:45-5:45 PM <i>1st day of school</i>	21 Practice at Ridge View 3:45-5:45 PM	22
23	24 Practice at Ridge View 3:45-5:45 PM	25 Practice at Ridge View 3:45-5:45 PM	26 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM	27 Practice at Ridge View 3:45-5:45 PM	28 Practice at Ridge View 3:45-5:45 PM	29 Providence Invitational and Carowinds
30	31 Practice at Ridge View 3:45-5:45 PM					

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Meet at Blythwood with South Pointe	2 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM	3 Practice at Ridge View 3:45-5:45 PM	4 Practice at Ridge View 3:45-5:45 PM	5
6 Optional Sunday Run Time and Location TBA	7 Labor Day Practice at Ridge View TBA - AM	8 Practice at Ridge View 3:45-5:45 PM	9 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM	10 Practice at Ridge View 3:45-5:45 PM	11 Practice at Ridge View 3:45-5:45 PM	12 Coaches Classic
13	14 Practice at Ridge View 3:45-5:45 PM	15 Lancaster and Cardinal Newman at Ridge View	16 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM	17 Practice at Ridge View 3:45-5:45 PM	18 Practice at Ridge View 3:45-5:00 PM Depart for Myrtle Beach @ 5:15 PM	19 CCU Invitational
20 Return from Myrtle Beach @ Noon	21 Practice at Ridge View 3:45-5:45 PM	22 Meet at Rock Hill	23 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM	24 Practice at Ridge View 3:45-5:45 PM	25 Practice at Ridge View 3:45-5:45 PM	26
27 Optional Sunday Run Time and Location TBA	28 Practice at Ridge View 3:45-5:45 PM	29 Practice at Ridge View 3:45-5:45 PM	30 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM			

October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Practice at Ridge View 3:45-5:45 PM	2 Practice at Ridge View 3:45-5:45 PM	3 Wendy's Invitational
4	5 Practice at Ridge View 3:45-5:45 PM	6 Practice at Ridge View 3:45-5:45 PM	7 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM	8 Practice at Ridge View 3:45-5:45 PM	9 Practice at Ridge View 3:45-5:45 PM	10 Sandhills Invitational
11	12 NO SCHOOL Practice at Ridge View TBA - AM	13 Spring Valley, RNE, and Blythwood at Ridge View	14 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM	15 Practice at Ridge View 3:45-5:45 PM	16 Practice at Ridge View 3:45-5:45 PM	17
18 Optional Sunday Run Time and Location TBA	19 Practice at Ridge View 3:45-5:45 PM	20 Practice at Ridge View 3:45-5:45 PM	21 Practice at Ridge View 3:45-5:45 PM	22 Region Meet at Spring Valley	23 Practice at Ridge View 3:45-5:45 PM	24
25	26 Practice at Ridge View 3:45-5:45 PM	27 Practice at Ridge View 3:45-5:45 PM	28 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM	29 Practice at Ridge View 3:45-5:45 PM	30 Practice at Ridge View 3:45-5:45 PM	31 AAAA Mid-State Qualifier

2009

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Practice at Ridge View 3:45-5:45 PM	3 Practice at Ridge View 3:45-5:45 PM	4 Optional Morning Run 8:15-8:45 AM Practice at Ridge View 3:45-5:45 PM	5 Practice at Ridge View 3:45-5:45 PM	6 Practice at Ridge View 3:45-5:45 PM	7 State Meet
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2009