

What to Expect at Practices:

The **Catonsville Cougars** cross-country program is for beginners and experienced runners. However, it is highly recommended that your young athlete be able to run the following distances without stopping before they join the program (1 lap around a high school track for 6 and under, 2 laps for 7/8, 4 laps for 9 through 12, and 6 laps for 13/14 age group).

Practices are comprised of: Warm up jog and drills; Group Workouts (Long Run/Tempo Run/Repeats/ Technical Drills/Hill Training); Cool-downs; Core and Stretch. Practice runs encompass areas of Catonsville High School campus. Parents are encouraged to run the trails with us – we appreciate our parent volunteers!

For practices, athletes will need: good running shoes (aged shoes or shoes worn daily are not recommended), lightweight running shorts and shirt for warm weather running, appropriate gear for cold weather running (e.g. sweatshirt, tights, hat, and gloves) and a water bottle.

Practice updates and inclement weather information will be posted on our Teamsnap site and an email will be sent out. We will run in the light rain, but not thunderstorms. Also, cancellations happen when the fields are too saturated for running.

What to Expect at Meets:

Meets, held by area youth running clubs on Sundays, begin with course walks around 12:30PM. Course walks are very helpful for athletes to understand the course layout, and it gives parents ideas of places to be to cheer your child and other runners along the course. Running events start approximately at 1:15, when the course walk is finished. The length of the race is determined by their age as of 12/31/2019 as follows:

6 & Under	1 km (0.62 miles)
7 & 8	2 km (1.24 miles)
9 & 10	3 km (1.86 miles)
11 & 12	3 km (1.86 miles)
13 & 14	4 km (2.48 miles)

The terrain varies at every meet and can range from wooded to open, to flat/hilly to track. Meets, from registration to awards, typically last 3.5 to 4 hours. Awards are given at the meet, usually at the conclusion of each race.

While meets are optional, we encourage everyone to try at least one. We encourage each athlete to set goals for improving their times and reach their highest potential over the course of the season. The atmosphere at meets is very encouraging and competing with your fellow Arrows helps build team spirit.

Each athlete is responsible for his or her own registration at the meet. The meet registration fees are typically \$5-\$10 to be paid on day of meet at the meet. (Registration starts at 11:30 AM and continues until race start.) A uniform is required at every meet.