



www.oakhillracing.com

Welcome to the 2019 Cross Country Season!!!

Welcome to the 2019 Fleet Feet Oak Hill Racing Cross Country season. The coaches are very excited to get going and hopefully the kids are as well. Should be a very fun season and hopefully the kids are ready to work hard and learn a lot over the next few months. We are all about development and we will be focused on that. This is not a win at all costs club; we are here to learn and show improvements throughout the course of the year and of course enjoy the process.

Practices

Our first practice will be Sunday, August 11th at 1pm. We will be practicing Sundays, Tuesdays, and Fridays. The Sunday start time will typically be at 1:00 PM at Ancil Hoffman Park. Tuesdays and Fridays will be at 5:30 PM at Ancil Hoffman as well, to start. Some other locations will be utilized as the season progresses and communicated via e-mail. Practice times will also adjust depending on available daylight. We would like to get the kids to as many practices as possible because their development will be directly related to how much practice they get in and how hard they are willing to work there. There is no "punishment" for missing practices but if there is some question to which athletes make the scoring teams as we get later into the season this is a factor (not the only one though). Other days of the week kids will need to run on their own, especially in the older age groups.

Conduct

We have a laid back atmosphere but at the same time we do expect all the kids to treat the coaches, officials, other kids, and everyone else with respect. We also expect the kids to listen when instruction are given as well as try their best at every opportunity.

Sacramento Coaches/Administration

Our primary means of communication will be via e-mail. So here are your coaches e-mail addresses:

Head Coach/Administration Chad Worthen – chad.worthen@fleetfeet.com

Head Coach/Administration Stacey Worthen – staceyworthen@hotmail.com

Assistant Coach Scott - sutchster@gmail.com

Assistant Coach Karen - jeffdavenport@hotmail.com

Assistant Coach Allison - allieb58@yahoo.com

Assistant Coach Jim - seamonsterscoach@gmail.com

Assistant Coach Clint - clint_welch447@yahoo.com

Fees

USATF Membership- Mandatory \$20 (annual) – Done online www.pausatf.org before second practice. Club #416.

FFOHR Team Registration Fee \$120 (checks payable to Oak Hill)

Team Uniform (shorts or top) \$20 (checks payable to Oak Hill)

Team Sweats (jacket & pants) \$80 (optional, will happen at a later date)

Competition Fees – Pay only for meets attending, will collect before each meet (typically \$6 to \$35)

Competition Schedule is TBD but this is a tentative start (subject to change)

The most up-to-date schedule can always be found on athletic.net

Sat, 8/31/19	Pleasant Grove Eagle Run	Elk Grove, CA
Sat, 9/7/19	Lagoon Valley Classic	Vacaville, CA
Sat, 9/14/19	Josh Ruff Memorial Invitational XC	Folsom, CA
Sun, 9/15/19	Let's ROC!! 5K	Sacramento, CA
Fri, 9/20/19	SRA Youth Meet #1	Sacramento, CA
Sat, 9/28/19	Capital Cross Challenge XC	Sacramento, CA
Sun, 10/6/19	Urban Cow 5K	Sacramento, CA
Fri, 10/11/19	SRA Youth Meet #2	Sacramento, CA
Sun, 11/3/19	Peninsula Flyer XC Invitational	Menlo Park, CA
Sun, 11/17/19???	Pacific Association Championships	TBD
Sun, 11/24/19???	Regional Championships	TBD
Sat, 12/7/19	marafUNrun 5K	Sacramento, CA
Sat, 12/14/19	USATF XC Junior Olympics	Madison, WI
Sun, 12/15/19	Holiday Classic 5K	Sacramento, CA