

McKinney Boyd Summer XC Practices

Monday-Friday @ Bonnie Wenk Park

Prior to arriving, athletes have the questionnaire completed!

Check-in beginning at 6:45 a.m.: Report to lacrosse fields at Bonnie Wenk. After unloading, athletes stand 6 feet apart and await temperature check. Coach Steines will check to see that questions have been answered, then she will check the athlete's temperature. (Coach Moroney will assist)

*Utilize picnic tables for check in

Coaches will have hand sanitizer at each check-in location to be used before and after practice.

Once athletes have checked in, they will report to the lacrosse field for warm-up. Coach Keith and Coach Ramos will line athletes up.

Coaches will have areas coned off for each group within the team. Athletes will sit (6 feet apart) and wait for everyone to be checked in.

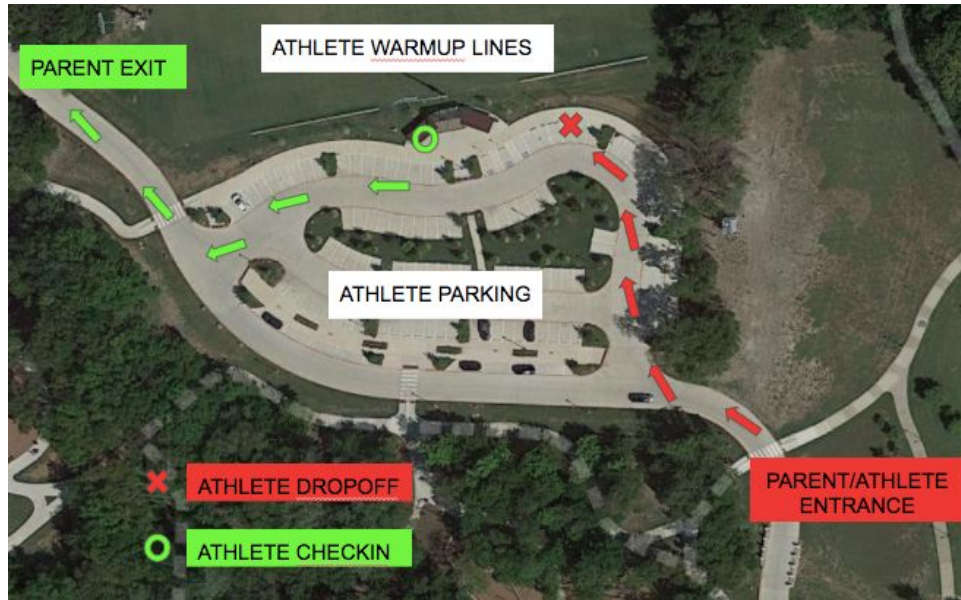
ANY ATHLETE WHO ANSWERS YES TO ANY QUESTION ON THE QUESTIONNAIRE OR HAS AN ELEVATED TEMPERATURE WILL BE REFERRED TO THE TRAINING STAFF AT BOYD AND NOT ALLOWED TO PARTICIPATE IN THE PRACTICE.

Coaches will divide athletes into groups based on ability--send fastest/longest group first then send each successive group after. Send groups at least 1 minute apart to avoid congestion on trails and to maintain appropriate distances.

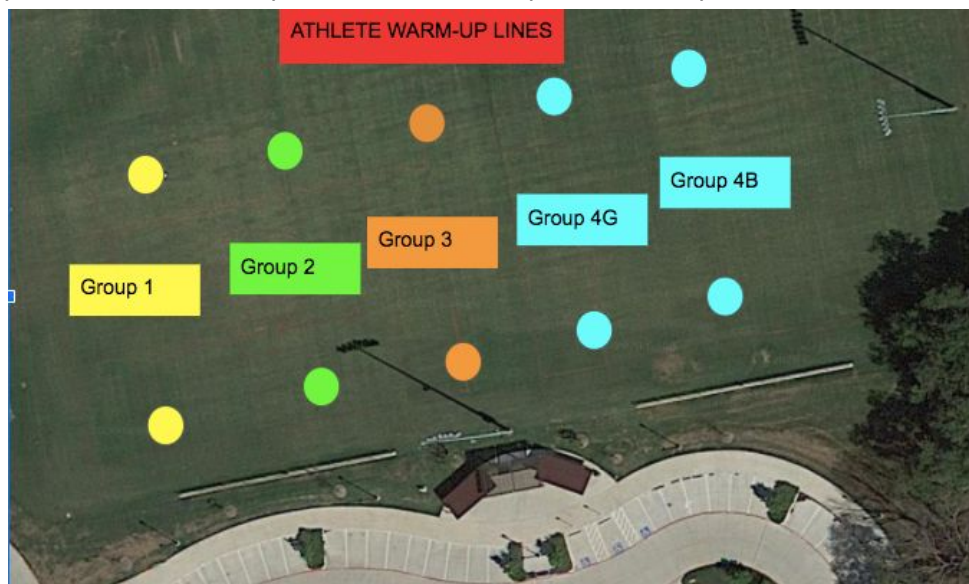
Cool Down/Strength: We will complete the workout for the day (abs, hips, strides, stretch, etc.) on the lacrosse fields and sit in warm-up lines (maintaining 6 feet apart for athletes).

Hydration: Athletes need to bring their own water bottle and it MUST be labeled. For longer runs, we will have a water table set up on the route for the day. Disposable cups will be filled by coaching staff and spaced along the table to avoid co-handling.

See Diagram for more information!!



Upon being dropped off, athletes will line up 6 feet apart to be checked in. Once checked in, athletes will proceed to the warm-up area and sit 6 feet apart in warm-up lines.



Athletes will line up in (mileage) groups once checked in and sit 6 feet apart.

GROUP 1 (9)

<u>Aguilera, Jacob Thomas</u>
<u>Martin, Zachary Thomas</u>
<u>Morrissey, Jack Seamus</u>
<u>Smillie, Grayson Layne</u>
<u>Tregoning, Adam Noel</u>
<u>Anderson, Dylan Thomas</u>
<u>Hammerle, Landon Thomas</u>
<u>Henry, Griffin Scott</u>
<u>Hawkins, Jonah David</u>

GROUP 2 (14)

<u>Cravy, Arden Elizabeth</u>
<u>Fortman, Allison Frances</u>
<u>Francisco, Ethan Joseph</u>
<u>Iniguez, Antonio Alejandro</u>
<u>Israelson, Carter Mark</u>
<u>Leonard, Jenna Danielle</u>
<u>Leonard, Katherine Annette</u>
<u>Maple, Paige Melissa</u>
<u>Newhouse, Thomas Aidan</u>
<u>Sousa, Matthew David</u>
<u>Deng, Jun Hao</u>
<u>Kleman, Mollie Grace</u>
<u>Talbott, Faith Marie</u>
<u>Evans, Isabella Grace</u>

GROUP 3 (19)

<u>Balalau-Rakowitz, Jaxon Connor</u>
<u>Belt, Analiese Brielle</u>
<u>Brumley, Tarryn Nicole</u>
<u>Dundon, Annika Mia</u>
<u>Hanner, Evan Grant</u>
<u>Hussain, Salat</u>
<u>Jones, Karson Ann</u>
<u>Kump, Blake Chandler</u>
<u>Layhee, Patrick Michael</u>
<u>Levario, Sofia Isabela</u>
<u>Lucas, Sean Michael</u>
<u>Masker, Kaylee Anne</u>
<u>Masley, Steven Christophe</u>
<u>Morrissey, Grace Mary</u>
<u>Owens, Gabrielle Elizabeth</u>
<u>Rogers, Parker Neil</u>
<u>Simpson, Bradley Aaron</u>
<u>Toombs, Adam Gregory</u>
<u>Trujillo, Lauren</u>

GROUP 4G (18)

<u>Amato, Katie Nicole</u>
<u>Bell, Madeline Kate</u>
<u>Biggerstaff, Brooke Madison</u>
<u>Bignall, Kennedy Madison</u>
<u>Cody, Madison Lane</u>
<u>Hunt, Carly Parker</u>
<u>Jones, Reece</u>
<u>Larry, Gabriela Simplicia</u>
<u>Levario, Daniela</u>
<u>Meintjes, Mikaila</u>
<u>Melton, Holdyn Nevaeh</u>
<u>O'Neill, Kendall Grace</u>
<u>Rivera, Jaidyn Miele</u>
<u>Salazar-McCauley, Abigail Noelle</u>
<u>Schmidt, Mary</u>
<u>Thompson, Allie Rae</u>
<u>Webber, Raegan Grace</u>
<u>Westbury, Teigan Kylee</u>

GROUP 4B (11)

<u>Ashton, Ryan Reed</u>
<u>Brown, Gavin Vannoy</u>
<u>Crosby, Andrew Ryan</u>
<u>Fikes, Caleb Daniel</u>
<u>Israelson, Mason August</u>
<u>Key, Oscar Manuel</u>
<u>Millard, Michael Caleb</u>
<u>Ooton, Seth Brian</u>
<u>Rogers, Jacob</u>
<u>Tambasco, Andrew</u>
<u>Tracy, Henry Thomas</u>

