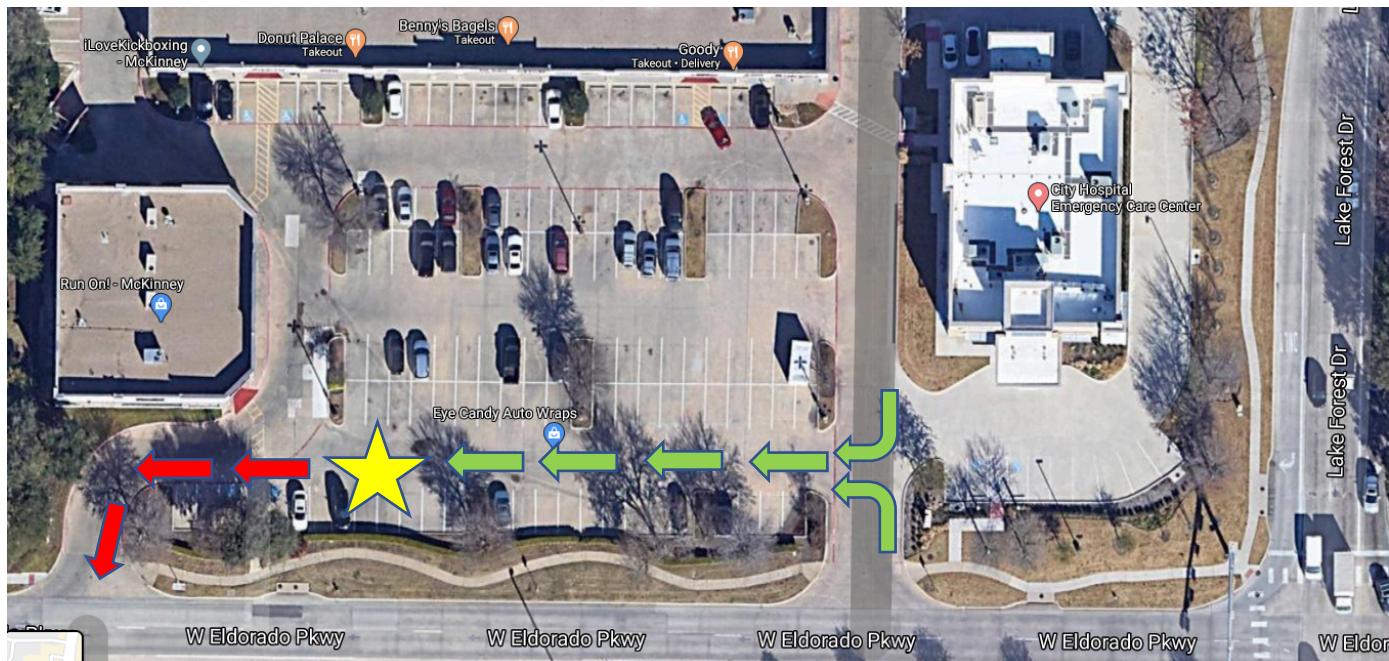


# McKinney High School Summer XC Practices

Monday-Thursday @ Run On McKinney

**First things--complete MISD Covid Waiver and have ALL electronic forms completed!**

**Parents and athletes must enter the Run On parking lot by following the green arrows and exit each day following the red arrows. The gold star is the check table location each day. Athletes who drive must try to park with at least one parking spot between cars.**



**Prior to arriving each day, athletes have the questionnaire completed!  
Daily Questionnaire Link**

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

Check-in beginning at 7:00 a.m: Report to Run On parking lot off Eldorado & Lake Forest. After unloading, athletes stand 6 feet apart and await temperature check. Coach Brooks will check to see that questions have been answered, Coach Davis will check the athlete's temperature. (Coach Wesley 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 their groups for warm-up. Coach Davis and Coach Brooks along with Coach Wesley 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.**

*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.) All workouts will be finished in 60 minutes. Athletes will maintain social distancing of at least 6 feet the entire time while at practice.

Hydration: Athletes need to bring their own water bottle and it MUST be labeled with their name. For longer runs, we will have a water table set up on the route for the day. All training runs will be shorter loops that will come back thru the Run On parking lot so that kids may take their water bottles and drink as necessary to stay hydrated. No one is to handle a water bottle if it does not have your name on it!!