

# McKinney North Summer XC Practices

Monday & Tuesday @ Erwin Park

Wednesday @ BB Owen Park

Thursday @ Bonnie Wenk Park

***Prior to arriving, athletes have the questionnaire completed ~ EVERY DAY!***



Check-in at 6:45 am:

Mon & Tue ~ report to Erwin Park

- Map: [Erwin Park](#)

Wed ~ report to Basecamp at BB Owen Park in Trinity Falls

- Map: [Trinity Falls ~ Basecamp](#)

Thurs ~ Report to at Bonnie Wenk Park

- Map: [Bonnie Wenk Park](#)

Driving, Parking, Drop-off, Check-in and warm-up maps ~ [MAPS](#)

After unloading, athletes stand 6 feet apart and await temperature check. Coach Sevarino will check to see that questions have been answered from the **athlete drop-off location**, then Coach Hurlbut will check the athlete's temperature at the **athlete check-in** table.

***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 designated areas for warm-up. Coach Richards 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.***

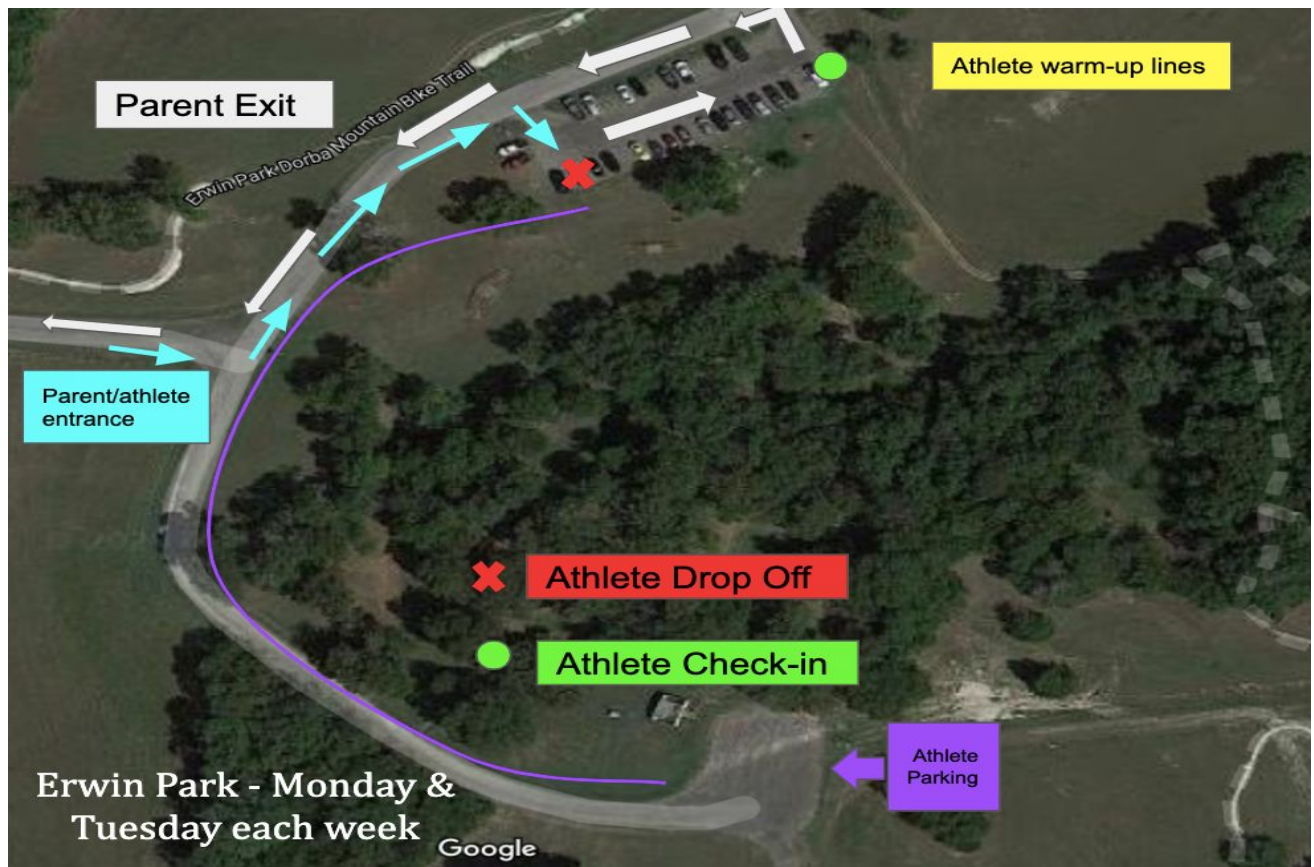
**ANY ATHLETE WHO ANSWERS YES TO ANY QUESTION ON THE QUESTIONNAIRE OR HAS AN ELEVATED TEMPERATURE WILL BE REFERRED TO THE TRAINING STAFF AT NORTH AND NOT ALLOWED TO PARTICIPATE IN THE PRACTICE.**

*Coaches will divide athletes into groups based on ability/current log times 7 paces/previous marks -- send group 1 out first then send each successive group after. Send groups at least 3 minute apart to avoid congestion on trails and to maintain appropriate distances.*

**Cool Down/Strength:** We will complete the workout for the day (abs, body weight circuit, strides, stretch, etc.) on the designated area and sit in warm-up lines (maintaining 6 feet apart for athletes).

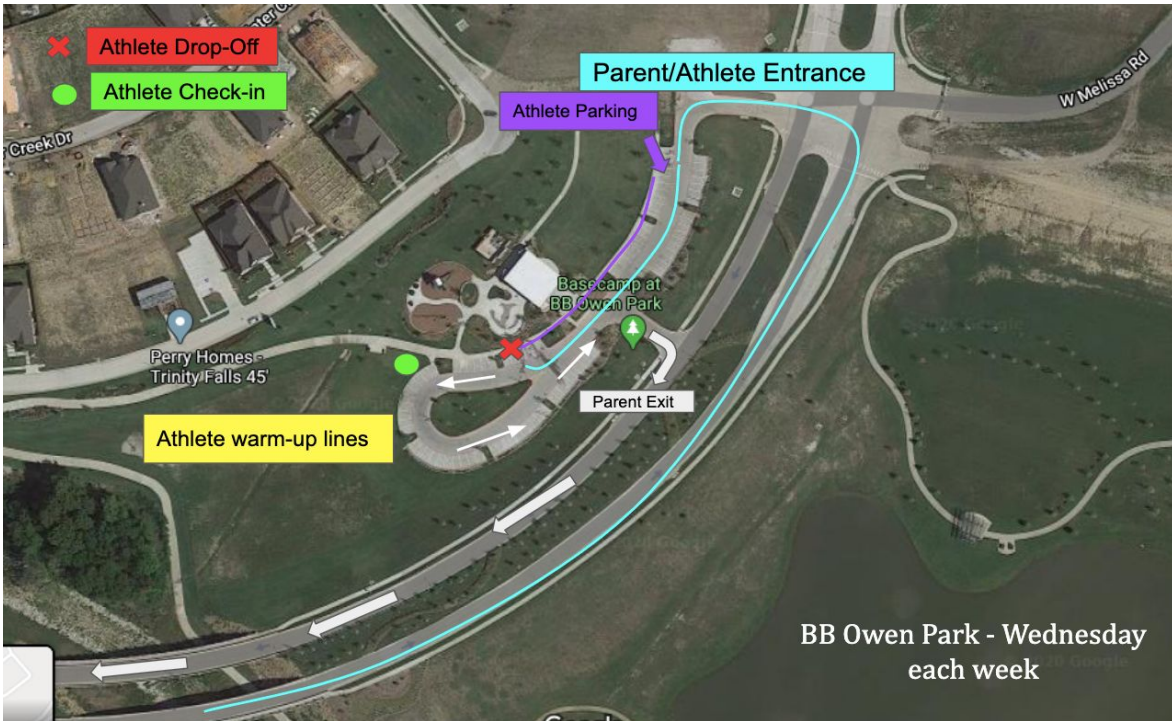
**Hydration:** Athletes need to bring their own water bottle and it MUST be labeled.

### Monday & Tuesday ~ Erwin Park

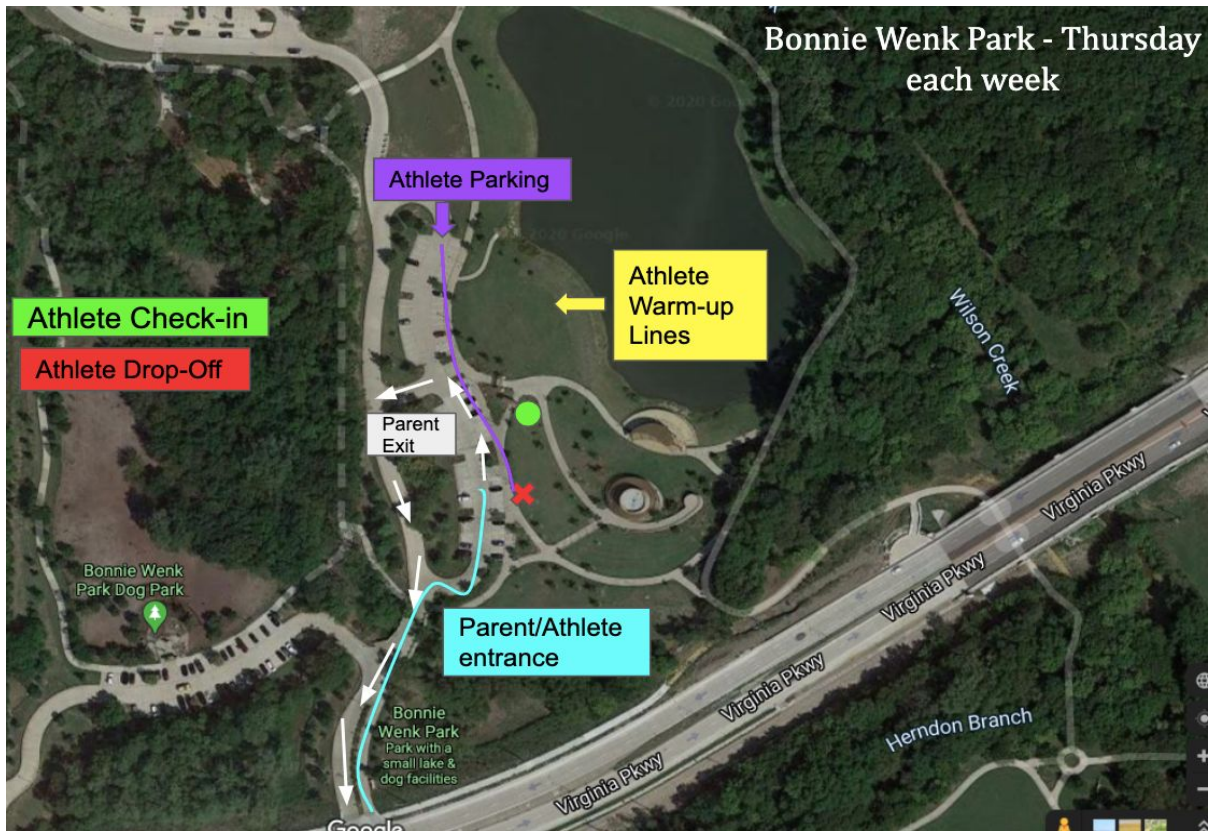




### Wednesday ~ BB Owen Park



### Thursday ~ Bonnie Wenk Park



*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.*

**GROUP 1 (14)**

Berardesco	Tony
Cowgill	Graydon
France	Anthony
Giacchino	Nathaniel
Guzman	Jose
Hulin	Lance
Montgomery	Ivan
Valdez	Elyjah
Fragoso	Adrian
Lanza	Giorgio
Butler	Zachary
Meyers	Andrew
Zavalla	Abram
DeYager	Carter

**GROUP 3 (16)**

Gonzalez	Kristofer
Lee	Reese
Mendizabal	Ana
Miller	Kaylee
Pickens	Sophia
Rodriguez	Jensen
Santa Maria	Ingrid
Webb	Logan
Barnhart	Finley
Kessler	Mary
Morgan	Nikki
Anaya	Danica
Baird	Dylan
Remus	Sophia
Guzman	Christian
Foley	Pavin

**GROUP 4 (14)**

Range	Eliana
Aviles	Ashley
Duennes	Rowen
Duty	Joshua
Garcia	Ayianna
Glamb	Isabella
Green	Niyana
Inklebarger	James
Jagocoy	Michael
Lam	Ethan
Moser	Henry
Ulikhifun	Chelsie

**GROUP 2 (15)**

Burton	Jack
Doolabh	Kiaan
Fawaz	Charlie
Garza	Azlyne
George	Sydney
Hurtado Suazo	Samy
Lamothe	Claire
Seyl	Nathan
Rodriguez	Frida
Hernandez	Elliott
Lee	Mackenzie
Ayres	Zachary
Culbreath	Ryder
Davis	Asher