

OLA 2021 XC Meet Schedule

- Thursday 2 September: George County Meet, Lucedale, MS (Sarah Nolan)
- Saturday 11 September: 5K Road Race, Pass Christian, MS (Rami Parker)
- **Monday 13 September: Forerunner XC Challenge, Hattiesburg, MS (Back up meet)**
- Saturday 18 September: Biloxi Indians XC Invitational, Biloxi, MS
- Saturday 2 October: Ocean Springs Invitational, Ocean Springs, MS (Melissa Flickinger)
- **Thursday 7 October: Forerunner XC Challenge, Hattiesburg, MS (BACK UP MEET)**
- Saturday 9 October: Faith Academy's Broadwalk Challenge, Mobile, AL
- **Saturday 9 October: D'Iberville High School Invitational, D'Iberville, MS (Back up meet)**
- **Thursday 14 October: Maroon tide Invitational, Picayune, MS (Back up meet)**
- Saturday 16 October: Watson Meet, Clinton, MS
- Saturday 23 October: Southern Regional Championship Meet
- Thursday 28 October: State Meet, Booneville, MS

- *Italized means the meet date/location still needs to be finalized*
- ***Bold and Italized means this will be a back up meet if the previously identified meet is cancelled***
- *Red indicates the parent who will be responsible for snack and drinks for that meet*

OLA XC Parents/Coach Meeting

18 August 2021

- Practices: will be held after school every day 3:45pm-5:30pm (some practices may be a little shorter)
 - If a girl needs to miss practice, please let me know in advance
- Meets: students are expected to be at all the meets unless the number of participants is limited by the race
 - If a girl will not be able to participate in a meet due to another conflict, then please let me know in advance
- Physicals: all students must have a physical on file with the Athletic Director but if your child has any conditions I need to know about, then please let me know privately
- Equipment: all girls should have running shoes for practice and racing spikes (and flats if you would like) to race in
 - Ensure everyone brings a water bottle to practice and meets
 - Encourage everyone to wear a watch to help develop their pace
 - Everyone will be issued an OLA singlet to race in; shorts will not be provided but should be black and in good taste
 - The team will design a T-shirt which will be available for purchase
- Snacks: Request that the parents develop a sign-up sheet of parent volunteers to provide snacks/drinks for meets
 - Parents should ensure they coordinate with each other/athletes/me as to how to transport the snacks/drinks to the meets if they cannot bring it themselves
- Booster Club: If you would like to donate money please write a check to OLA cross country team and I will deposit the check with the front office.
- I am very excited to Coach the OLA XC team this season and I believe we have a lot of talented runners that I hope to push to run their individual best and take the team to their best season ever! I also want to create an environment that is inclusive and supportive of every member on the team, where the girls want to come to practice and to meets. I want to develop their passion for a lifelong commitment to running and a healthy lifestyle. And last but not least, I want everyone to have some FUN!
- If you ever need to contact me please feel free to reach out via email Catherine.williams.1024@gmail.com OR my cell phone (757) 478-5357