

WELCOME TO RUSTIN GIRLS & BOYS CROSS COUNTRY!

Welcome to [Rustin Cross Country](#) for the fall of 2023! Here are just a few updates for now as we prepare for the start of the season.

Our first big change is that Coach Smith will be back this fall! He's had a great year sailing around, but he's excited for a return to cross country. We look forward to continuing to build Rustin Cross Country and taking everything to the next level.

The last few years have been some of the best summers we had in terms of training, and it showed through both cross country and track. We're going to continue that this year. We will be meeting as a whole team, boys and girls. We have put together a Google Doc schedule for three days a week with longer runs Monday at the Chester Valley Trail, easy runs Wednesday at East Goshen Park, and base building workouts on Friday. Please do your best to commit to this schedule and attend as often as you can. Communicate with your teammates and motivate each other.

If you are not able to attend practices, please make sure to get out over the next few weeks, even if it's just a few times a week for 30-40 minutes. You must be building a base of fitness throughout the summer or the fall will not be as successful it could be. However, supporting each other will make it more fun, build team camaraderie, and push everyone to a higher level. This is where team building truly starts.

The official start of the cross country season is Monday, August 14th at 7 AM at Rustin. We will communicate specifics about this as it approaches, but be prepared to meet every morning from 7-9:30am. Please make sure to have physicals completed by this time. We cannot allow anyone to train with the team until these are submitted. As usual, these should be submitted to FamilyID.

Once the school year starts, practice will run daily until about 5PM. We will communicate specifics as this gets closer. League meets will typically be Wednesdays with invitationals being Friday and Saturday. A tentative schedule is attached here. Runners are expected to be at practices and meets. If you anticipate conflicts, please let us know.

Finally, if anyone has parents that may be interested in helping out with our booster's club, please let us know! We have been fortunate to have a great group of parents involved in the past, and this allows us to do a lot of fun things for the team going forward.

We're looking forward to a productive and exciting season, and that all starts now. Please don't hesitate to let us know if you have any questions or concerns.

Coach Andrew White
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Contact Info

Please make sure it's accurate. We need.
YOUR email, not just your parent's. Please
check it.

TeamWebsite:

<http://www.rustinxc.weebly.com>

Instagram: @rustin.xc

Remind: @rustinCC



Summer training

This is the most important part of getting ready for cross country. Find time to run 4-5 days a week. Plan to run with the team on Monday, Wednesday, and Friday mornings. Make it fun. Don't wait until August to get in shape! Please see the [summer training schedule](#).

Summer communication – Stay in touch with teammates. Don't ask "Are you running today?" Ask "When are you running today?" Coaches will be checking in with you as regularly as we can. We will have a tracking document and some prizes for summer workouts and mileage.

Physicals

Dated after June 1. Physicals must be in early to start practice; you cannot practice if you turn it in on August 14. Depaul's office needs to approve them before you can practice.

Summer and Preseason

Monday June 19 - Summer Running Starts!

Week of August 8-12 - Summer XC Camp

Week of August 14 – Preseason starts! 7-10am.

Week August 21 – Preseason practice continues. Friday AM: Pre-season Palooza.

August 23 - Scrimmage (5k) @ Unionville (TBD)

(VERY TENTATIVE) Fall Schedule

8/25 – Oakbourne Relays @ Stetson

9/1 – Kennett Relays @ KMS

9/9 – Unionville 2 Mile Bash @ Unionville MS

9/13 – Battle of West Chester @ Rustin

9/20 – American League Meet @ Rustin

9/27 – American League Meet @ Rose Tree Park

9/23 – Whippet Invite @ DWest

9/30 – Carlisle Invitational

10/11 – Ches-Mont Championships @ DWest

10/20 – Henderson Invite @ HHS

10/27 – District 1 Championships @ Lehigh

10/28 – District 1 JV Championships @ Dwest

11/4 – State Meet @ Hershey