

Junior Knights Cross Country Fall 2019

The goal of the Junior Knight Cross Country program is to provide an opportunity to enjoy a positive and fun running experience at the junior high level in the context of team practices and meets. Coaches will organize a cross country practice twice weekly and plan workouts to prepare athletes to enter the middle school division of a few local cross country meets.

The program is open to any individual who is entering the 7th or 8th grade. **The schedule is designed to minimize conflicts with volleyball or football so that any students may choose to be involved.** Sixth graders are not eligible to be part of the Junior Knights CC program but are still encouraged to participate in the Unity and Western middle school meets as they have always done.

Practices will emphasize dynamic warmups, instruction in proper running form, introduction to different types of workouts and running games, pacing practice, suggestions for weekly training, and preparation for meets. The goal for everyone will be to learn to enjoy running in a positive, team context with other runners.

Students will need to find their own rides and are encouraged to car pool. Please come to Unity Christian for the first 2 practices on Monday and Wednesday, August 26th and 28th at 4:00 pm and meet in the school lobby. The first Saturday practice will be August 31st meeting at the shelter house of the Puddle Jumper Trail at 8:00 am. **Participants will receive a t-shirt as a uniform to compete in. Two running practices or a competition and two practices will be held each week.**

The registration form and the schedule can be found on the Unity Christian website. On the home page click on the menu "Our Programs / Jr Knights" and then the sport "Cross Country."

Print and mail registrations and \$55 check to Mark Kauk, Unity Christian, 216 Michigan Ave SW, Orange City, Ia.

If you will bring your registration to the first practice, please email Mark Kauk.

For questions, contact:

Mark Kauk. Girls Varsity Coach
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712-441-7220

Karl Kaemingk. Boys Varsity Coach
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712-395-8987

David Te Krony. Jr Knights Coach
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SEE THE NEXT PAGE FOR PRACTICE AND MEET SCHEDULE !

Junior Knights Cross Country Fall 2019

Monday	Aug 26	1st Practice.	4:00-5:00 pm.	Drop off at Unity and meet in front lobby.
Wednesday	Aug 28	Practice.	4:00-5:00 pm	Unity Christian Lobby.
Saturday	Aug 31	Practice.	8:00-9:00 am.	Puddle Jumper Shelter House. Trail Run.
Wednesday	Sept 4	Practice.	4:00-5:00 pm.	Meet in Unity front lobby.
Saturday	Sept 7	Practice.	8:00-9:00 am.	OC Swim Pool Parking Lot. Distance run.
Tuesday	Sept 10	Meet.	4:30 pm	LeMars Invite Middle School Run (1.5 miles).
Wednesday	Sept 11	Practice.	4:00-5:00 pm.	Unity Christian Front lobby.
Saturday	Sept 14	Practice.	4:00-5:00 pm.	All Seasons Center in SC. Park Runs.
Wednesday	Sept 18	Meet.	4:15 pm	Unity Place / Prediction Run. 6th, 7th, 8th.
Saturday	Sept 21	Practice.	8:00-9:00 am.	Puddle Jumper Shelter House. Trail Run.
Wednesday	Sept 25	Practice.	4:00-5:00 pm	Unity Christian Lobby.
Thursday	Sept 26	Meet.	4:40 pm.	Sioux Center Invitational at Dordt. 2 miles.
Saturday	Sept 28	Practice.	8:00-9:00 am.	All Seasons Center in SC. Park Runs.
Wednesday	Oct 2	Practice.	4:00-5:00 pm	Vet's Park Shelter House.
Saturday	Oct 5	Practice.	8:00-9:00 am.	Puddle Jumper Shelter House. Trail Run.
Thursday	Oct 10	Meet	4:00 pm.	West Sioux Invite Middle School Run 2 mi.
Saturday	Oct 12	Practice.	4:00 pm.	All Seasons Center in SC.
Wednesday	Oct 16	Practice.	4:00-5:00 pm.	Puddle Jumper Shelter House.
Friday	Oct 18	Meet	4:00 pm	Unity Christian Middle School Run. 3K