Sherman Tide Cross Country

2013 Meet Schedule

Tues. Aug. 27 Road Runner Kickoff Beckley

# Sat. Aug. 31 Charleston Distance Run Charleston

Sat. Sept. 7 Chick Fil-A Invitational Mineral Wells

Sat. Sept. 14 Pikeview Invitational Pikeview High

Thurs. Sept. 26 George Washington Inv. Tornado

\*\*Tues. Oct 8 or 15 Coalfield Conference Little Beaver

\*\*Thurs. Oct. 24 Region III Champ. Pikeview High

\*\*Sat. Nov. 2 State Meet Ona

# 5K or 15 Mile Relay: You must pay your entry fee.

\*\* High School only

Sherman Tide Cross Country

**Expectations**

1. Be at practice each day, notify a coach of any absences, and provide an excuse for any absences.
2. Complete workouts properly, meaning run when you are assigned.
3. Relay information given in team meetings to parents whether this is given verbally or in writing.
4. Show exceptional character in school, the community, practices, and meets.
5. If you have a concern address it to Coach Adam Coon. Any heated issues need to be addressed no earlier 24 hours after a meet or incident.

**Important Information**

Charleston Distance Run: This is an open road race. Since it is Labor Day weekend it is an optional race, however it is a great event that anyone can run: athletes and parents. Each runner or walker must pay their own entry fee. You may do so at charlestondistancerun.com. Included in your entry fee is a technical t-shirt, prerace pasta party, awards, and food and drinks during and after the race. You may either enter into the 5K or the three person 15 mile relay.

**Contact Information**

Website: shermanrunning.weebly.com

Twitter: twitter.com/shermanrunning @shermanrunning

e-mail: arcoon@access.k12.wv.us

phone/text: 304-993-1950

**Coaching Staff**

Head Coach: Adam Coon

Assistant Coach: Courtney Coon

Assistant Coach: Caleb Adams