

DO YOU LIKE TO RUN...



...EVEN IF YOU'RE NOT  
BEING CHASED?

## HSE CROSS COUNTRY TEAM GENERAL INFORMATION

**\*\*VERY IMPORTANT! \*\***

### Sign Up for Remind ASAP

This is how we will communicate important messages to both parents and athletes



## Sign up for important updates from Mrs. Farrar and Mrs. J. Coto.

Get information for **Harmony School Of Excellence** right on your phone—not on handouts.

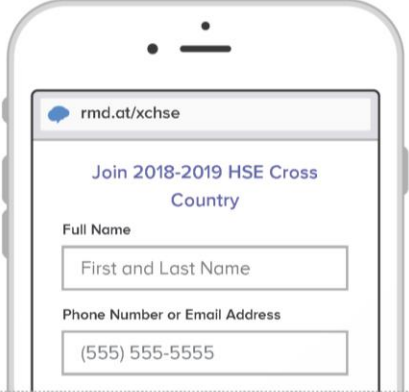
Pick a way to receive messages for 2018-2019 HSE Cross Country:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/xchse](http://rmd.at/xchse)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.


A smartphone mockup displaying a web browser page. The address bar shows "rmd.at/xchse". The page content includes the heading "Join 2018-2019 HSE Cross Country", a "Full Name" label with a text input field containing "First and Last Name", and a "Phone Number or Email Address" label with a text input field containing "(555) 555-5555".

**B** If you don't have a smartphone, get text notifications.

Text the message @xchse to the number 81010.

If you're having trouble with 81010, try texting @xchse to (601) 336-1092.

\* Standard text message rates apply.

A smartphone mockup displaying a text message. The "To" field shows "81010" and the "Message" field shows "@xchse".

Don't have a mobile phone? Go to [rmd.at/xchse](http://rmd.at/xchse) on a desktop computer to sign up for email notifications.

## TENTATIVE PRACTICE SCHEDULE

Weekdays  
6:20 - 7:25 a.m.  
Mondays, Wednesdays, Thursdays  
HSE Soccer Field

Weekend Long Run  
(highly recommended, but optional)  
7:30 - 9:30 a.m.  
Saturdays or Sundays  
TBD

**ATHLETES ARE EXPECTED TO ATTEND ALL PRACTICES. PARENTS OR ATHLETES SHOULD CONTACT COACHES SHOULD THEIR BE A CONFLICT.**

## SUGGESTIONS FOR BEFORE SCHOOL PRACTICE

**Pack your bag night before**

### For practice

- \* Towel / Yoga mat for stretching
- \* Proper running shoes / clothes/socks
- \* Water bottle/handheld water bottle
- \* Good attitude

### To get ready for school (HSE does not have showers)

- \* School uniform
- \* Extra shoes, socks and undergarments
- \* Towel to wipe off
- \* Deodorant
- \* Facial/Body Wipes or Washcloth
- \* Dry shampoo, brush/comb
- \* Snack/breakfast

## TENTATIVE COMPETITION SCHEDULE

September 2<sup>nd</sup> – [ISNA Fun Run](#)

September 8<sup>th</sup> – Bellaire Invitational

December 8th - USATF Cross Country Jr. Olympics – Reno, NV (*Qualifiers Only*)

Throughout September and October, we will be attending USATF and TCSAAL meets on Saturday mornings throughout the Houston area – these meets have not yet been scheduled.

It is expected that all athletes participate in these meets.