

Highlights of 2021 XC Season

- ✓ 3 college athletic scholarships for XC
- ✓ HS Girls qualified for STATE (4th yr in a row)
- ✓ HS Boys qualified for STATE (3 out of 4 years)
- ✓ 8 individuals made the JH All-Star team
- ✓ School 5K Record broken by 2 different individuals
- ✓ 6 HS All-COAC Runners
- ✓ 7 All-Big City Runners
- ✓ Bracelets Received: 14 blue, 8 white, & 2 red

ALL ATHLETES

need to complete ALL Rank One paperwork and have physicals turned in BEFORE starting practice.
moorepublicschools.rankonesport.com

Stay Connected

Remind & Team App with updates about practices, races, meetings, etc.

Remind app or text the following to 81010

- @mhsxc22 (High School updates)
- @mjhxc22 (Junior High updates)

Stack Team App

(download "Stack Team App" find "Moore Track" join XC group)

GET INVOLVED WITH THE XC/TRACK BOOSTER CLUB

**CHECK OUT OUR Instagram:
@mooreokxc**

MOORE XC COACHES

Head Coach: Brian Givens

Office: 405-735-4757

briangivens@mooreschools.com

Assistant Coaches:

Alexis McElvany, Nick Garrison

2022 Moore Lions Cross Country



"You can raise the bar or you can wait for others to raise it, but it's getting raised regardless."



ABOUT CROSS COUNTRY

Cross Country is a team sport and athletes share their individual race performance to be a part of the success of the team as a whole. As athletes practice and race together, the team becomes like a family. Athletes are also challenged individually to improve their own abilities and times throughout the season and their running careers.

Cross Country Meets

During the season, the high school will have 8-10 meets and the junior high will have 6-7 meets. Meets begin in August and continue through October.

High School Boys and Girls compete in a 5 km race (3.1 miles).

Junior High Boys & Girls compete in 1.5 - 2 mile races.



SUMMER SCHEDULE

Summer Pride Strength Training

Encouraged for HS & JH XC runners

- Starting June 7 Tues & Thurs
- 7-9am, meet at MHS Track
- Dead Period (No practice groups) July 2nd thru 10th

This time is team-led for building a mileage base & strength training (**NO COACHES** will be on the runs)

*Ask about the full summer workout schedule

Moore XC Camp

- July 11-15, 7am-9am
- Cost is \$40
- Includes JH Friday Fun Day and HS Lock-In on Friday night



OFFICIAL Practice begins July 18

- ALL JH & HS athletes
- Monday-Friday, 7-9am
- Moore High School Track

August (Date & Time)

- • Time Trial/Alum Race on Friday, July 29th at 7am practice
- • Parent Meeting on Friday, August 12 at 6:30pm at MHS
- • Moore War Run – Saturday, August 27, 7:30am

SCHOOL-YEAR PRACTICES

School starts August 11

- Practice times will move from the morning to the afternoon when school begins.
- Junior High Athletes will be bused from Central Junior High and Highland East after school to Moore High School.
- High School Athletes will come to the Field House during 6th hour to begin practice. *(There will be early morning practice 6am, about 2 days a week)*
- All athletes will finish between 4:00-4:30pm each day. Athletes should be picked up at Moore High School at 4:30pm.

Athletes are expected to show commitment to the team by their attendance and attitudes at practices and meets.

Athletes must come on time and ready to practice each day.

Athletes should be dressed in appropriate running attire and prepared for practices and meets.