

# PXC XXII

Prairie Cross Country is a comprehensive and united program. Boys and Girls, High School and Middle School, traditional distance training and competition, as well as a training group for speed and explosive development (SPEX). Our diversity and unity create a powerful team as we all strive for personal growth and athletic success, together. PXC will provide a positive experience and build lifelong friendships and memories.

The following are our 2 overarching training groups:

- Running and strength for distance runners
  - Varsity training. Training to be elite distance runners. All competitions
  - Non-varsity training. Training for fitness and personal improvement. All competitions.
- Speed and strength for sprinters/hurdlers/jumpers
  - Workouts to build explosive development. 1-2 competitions.

Summer Program (All components of this program are optional. The more you can do in the summer, the greater your fitness, and the stronger your season will be in the fall.)

6/1, 2. 4:10-5:15.  
6/3 On your own  
6/6. 4:00.

**June 7-July 22:**

\* M-F 8:00 -10:15 These workouts are available for all athletes 7<sup>th</sup> – 12<sup>th</sup>.  
Workouts will include warm-up, drills, running workout, strength training, cooldown and stretch.  
\*Sat on your own

Prairie Performance Training These workouts are designed to prevent injury and improve athletic performance.

\* June 6 - 30. MWTh optional for all 7-12 athletes \$135

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**\*\*\*\*\* PXC XXII Camp \*\*\*\*\***

**August 1-5**

**Registration online thru InTouch!**

**HS practice begins August 8. 8:00.**

**MS practice officially begins August 23, After school.**

**Online registration for the fall athletic season will open on July 1**

## Important upcoming events (tentative):

August 8.	<u>High School Official Practice #1</u>		
August 8-22 (Mon-Sat)	8:00-10:15	<b>Practice</b>	9 <sup>th</sup> -12 <sup>th</sup> (middies optional)
	4:00	Secondary Practice	as needed
August 23. 1 <sup>st</sup> Day of School!	<u>Middle School Official Practice #1</u>		
August 23	6:10am	<b>Practice</b>	9 <sup>th</sup> -12 <sup>th</sup>
	3:15-5:15	Middie Practice	(at the high school)
August 24-Season End:	M-Th.	MS practice	3:15- 5:15 at the high school
	M-Th.	HS primary practice	3:55- 6:15; secondary practice- 6:45am. as needed.
	F.	HS and MS practice	6:10am.
	S.	HS practice	8:00-10:15 (middies optional)

Labor Day and teacher workdays (9/5, 9/19, 10/3, 10/17): practice TBD

August 27:	<b>Prairie Invitational</b>	HS (3 levels) and MS
September 3:	Pleasant Valley Challenge @ Crow Creek Park	HS (3 levels)
September 8:	Regina Bob Brown Invitational @ Kickers Park	MS (split)
September 8:	Cedar Rapids Invitational @ Seminole Valley	HS (split-3 levels)
September 10:	Luther All American Invitational	HS (split-Var/JV) and MS (split)
September 17:	Heartland Invitational @ Central College	HS (3 levels)
September 17:	Solon Invitational	MS
September 29:	City High Invitational @ Kickers Park	HS (Var/JV) and MS
October 6:	Super Meet hosted by Waterloo West	HS (3 levels)
October 8:	North Linn Invitational	MS (split)
October 10:	Middle School Conference @ Cherry Hill Park	MS (split)
October 13:	MVC Divisional Meet hosted by IC Liberty	HS (3 levels)
October 15:	Washburn Classic @Ankeny Centennial	MS (optional)
October 19:	State Qualifying Meet @TBD	HS (Var)
October 28:	STATE MEET	HS (Var)

UUTL: 8/19, 9/23, 9/30, 10/7

Homecoming Parade 9/23

Senior Recognition Night between football games. **Sept 2.**

**Fundraiser: Pledge Run – Drop Off Day September 24**

\*\* Conflicts resolved with the coaching staff on a case by case basis. Proactive communication on the part of the athlete is critical to success.

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