

SCHEDULE

MAY

31-3 Team Summer Camp

Starting June 31

Summer Running@ 6am

MondayTimber Creek

TuesdayNorth High School

WednesdayCreekmour Elem.

ThursdayNorth High School

FridayRaymore Rec.Park

AUGUST

18 First day of practice

SEPTEMBER

12 Mon Ray-Pec Quint @ HS Course

14 Wed Summit Lakes @ Longview

19 Mon Raytown Quad

21 Wed Moreland Ridge Quint

22 Thur Pleasant Hill

26 Mon Brittney Hills Quad

28 Wed Buffalo Stampede

OCTOBER

5 Wed Ray-Pec Invite



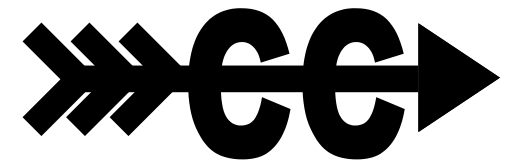
45 Years of Milestones

1972-2016

Ray-Pec Cross Country



RAY-PEC



Coach: Joe Jackson
joe.jackson@raypec.org

Coach: Dean Rassmusen
Dean.rassmusen@raypec.org

Coach to be announced

www.raypecCC.com

PHYSICAL



A physical is required to be able to practice in August, but it is recommended that

you have the physical before the summer camp in June.

The physical form is at www.raypecCC.com. Send the physical to the Middle school fax (816-388-4001) or email it to

April.graber@raypec.org

Training



The summer time is a great time to start preparing for the Cross Country season. If you could get started by trying to run a little each week day it would be a big head start for the fall. If you get used to running for 5 minutes with out stopping, then work to 10 minute runs and gradually work your way up as your endurance gets better. Another idea have one day as a longer run, then a shorter but faster run, the next day a comfortable run, the next day a group of short fast

SUMMER



The Cross Country team summer camp will be May 31-3. We will run at the North HS each day of camp. Camp will start at

7:00pm and last until 8:30pm

The cost of the camp will be \$40 which will include the team shirt for this year. Sign up at

www.raypecCC.com We will continue to have morning runs the rest of the summer At 6am.

Monday @ Timber Creek

Tuesday @North HS

Wednesday @ Creekmoure

Thursday @ North HS

Friday @ Rec Park

Shoes



The most important equipment in cross country is a good pair of running shoes. The Running Well Store 418 291Hwy in L.S. Is a good store for shoes. Tell them you run for Ray -Pec and you should get a 20% discount Check the website for information about getting a good set of shoes.

www.raypecCC.com

PRACTICE



When: The first official day of practice for the fall season will be August 17th

Time: The practices will be every weekday starting at 2:50 till 4:15

Where: The runners will meet in the Middle School Cafeteria after school.

Equipment: Runners will need Tennis shoes or running shoes, comfortable school appropriate running clothes and a water bottle.

Rides: Parents please pick up runners by 4:45 in the back parking lot.

Visit our website at
www.raypecCC.com
for complete and up-to-date
cross country information
throughout the season.