**August 10th 2020 Hilliard Davidson Boys Cross Country Report**

**Looking Ahead:** With the Pre-Season meet cancelled we will make Friday an on your own easy day and workout Saturday with a long Threshold workout. Tests have been solid and we need to continue to build strength through long tempo running with little rest. Long runs will become longer every two weeks. Tuesday is picture day with practice starting at 7:00AM.

**5K under the lights Recap**: This was a great night for Davidson. We extended our 3200 Vdot to the 5K which means we are very strong. We must continue to build strength and focus on staying healthy. Your Vdot numbers above are a bit high for transitioning to the grass for workouts so maybe adjust your ambitions to a one or two points lower for chart pace work. For example; if you were a 60 you should start at the paces given for a 58 and work faster as you go.

**Parent News:**Make sure all you forms are in Final forms. I still have a few runners that have not completed all their forms. Parents: Make sure to have all forms filled out on **FINAL FORMS.** There is a mandatory parent meeting through a video link that must be watched and submitted on final forms. Please click on the following link to access the Parent Meeting: <https://www.hilliardschools.org/davidsonwildcats/wp-content/uploads/sites/59/2020/07/Parent-Meeting-2020-2021-Updated-7-21-20.pdf>

Once you have viewed the presentation, please Log In to Final Forms <https://hilliard-oh.finalforms.com/> so that you can sign off that you have viewed it.  If you already have a Final Forms Account, you are familiar with this system.  Final Forms is the platform we use to be able to create rosters and help keep track of all the items we need to monitor to keep our coaches, players and athletic families compliant.  If you are not, here are a couple links you can access to help you get stated.

As you know, the cross country schedule and rules for competing have been changing regularly. I will do my best to keep you updated. We are now starting official practice and all practices will begin at 8:00AM except for when we need to change the start time. Our first meet is August 29th @ Pickerington North and the Hot Summer Bash is still on and will be stream lined. We need everyone to help with this meet, not sure about spectators yet.

* We may have to have parent drivers to competitions.( Now 22 on a bus)
* We might only run local teams in dual or tri meets.
* **Picture day is Tuesday August 11th at 10:30AM.**
* Practice Tuesday August 11th will be at 7AM.
* Runners need to bring their own water bottles.
* Everyone must always practice social distancing.
* As of now our first meet is August 29th @ Pick North
* Hot Summer Bash will happen with about ten teams. We will make the meet very simple!
* Thank you for your understanding and patients while keeping the boys positive.

**\*Always check with the Davidson Athletic Website to find information regarding the guidelines and Final Forms.**

**2020 Hilliard Davidson Boys Cross Country Schedule**

* August 22nd Saturday Highbanks @ Highbanks: North on 23
* August 29th Saturday Pickerington North @ Pickerington North
* **September 5th Saturday Hot Summer Bash @ Davidson**
* September 12th Saturday Highbanks @ Highbanks: North on 23
* **September 19th Saturday Looking???**
* September 26th Saturday Celtic Clash @Jerome
* **October 3rd Saturday Midwest Meet @ Bradly**
* **October 6th Tuesday Darby Dash 2M @Darby**
* October 17th Saturday OCC @ Westerville North
* October 24th Saturday District @ Hilliard Darby
* October 31st Saturday Regional @ Pickerington North
* November 7th Saturday State @ Obetz