

Vienna Youth, Inc.

2016 Cross Country Season

We are looking forward toward a fun and successful season. Craig Chasse is our head coach. You will be receiving emails throughout the season to keep you informed., so join our email group by sending an email to: VYI-subscribe@yahogroups.com Also, you can check out our website www.vyi.org for updated information.

Here are a few key points get us off to a smooth start.

1. Practices will be held every Tuesday and Friday from 5:30 p.m. to 6:30 p.m. at Nottoway Park. Enter the park and go all the way to the last parking lot on the right. We will meet by the bench between the bathrooms and the soccer field. First practice day is 9/8, we may shift practice days to Madison once it gets dark early so we can practice on the turf/track.
2. There will be practice on rainy days. The only exceptions are thunder, lightning, or continuous downpours. Rain does not stop the meets, so we feel it is important to get some experience running in the rain.
3. Always bring a water bottle to practice. Also, bring sweats or something else to put on after we're done running. This is a good idea even if it is not cold or rainy.
4. We expect respectful, sportsmanlike behavior from all of our athletes.
5. You should eat well before practice or wait until after practice. Each runner has their own time table for digesting food before running, but avoiding dairy products and trying to eat at least 90 minutes before running are good ideas.
6. We are looking for parents to help in a variety of ways: through volunteering with fundraising, coaching, helping at meets, etc.
7. Please try to pick up you child promptly at 6:30, someone will stay until the last child is picked up.
8. The meet schedule will be posted online soon, most meets are Sunday afternoons. Try to make the meets you can, and you may want to carpool to some of the ones that are further away. We are aiming towards either CCC Nationals is in Lexington KY 11/21 one local qualifier or Foot locker Regionals in Charlotte 11/28 We will send out an email in September with the details on each option
9. Uniforms will be handed out soon. The singlet (top) should be air dried to keep the printing looking great.
10. If you buy things at amazon.com, click on the amazon link from the links page from our team site.

E-mail Coach Craig with any questions. cchasse.acds@juno.com

Tentative schedule

9/6 First Day of Practice

Most meets will use the same bib number, so you will get it at the first meet and you can either turn it back in before leaving the meet or keep it and bring it back to any other local meet at SYA/FPYC/VYI

Meets(&info) to be posted online when they become available

So far this is what is planned:

Sat. 9/24 Pacers DCXC invitational elementary and middle school 3k races details TBA at <http://www.dcxproject.com/dcx-invite/>

Sun 10/2 FPYC meet at Van Dyck Park

Sat. 10/8 SYA meet at Centreville Field of Dreams Old Post office Rd

Sun 10/23 FPYC meet at Providence Park

Sun.11/6 VYI Meet at Nottoway Park (parent help will be needed!)

Sat.11/19 CCC Nationals is in Angel Mounds State Park in Evansville, Indiana Local qualifier TBA could be the Nottoway meet.

Sat.11/26 Foot Locker Regionals in Charlotte, NC