



2026 SCHEDULE

2026

SEPTEMBER

CONSISTENCY IS KEY

SUN	MON	TUE	WED	THU	FRI	SAT
AUGUST 23	AUGUST 24	AUGUST 25	AUGUST 26 XC Student Information Meeting 3:00-3:30 PM	AUGUST 27	AUGUST 28	AUGUST 29
AUGUST 30 Week 1 *Turn In Permission Slips*	AUGUST 31	SEPT 1	2 XC Kick Off Practice 3:00-4:30 PM *Turn In Permission Slips*	3 XC Practice 3:00-4:30 PM *Turn In Permission Slips	4	5
6 Week 2	7 Labor Day No School	8	9 XC Practice 3:00-4:30 PM	10 XC Practice 3:00-4:30 PM	11	12
13 Week 3	14 XC Practice 3:00-4:30 PM	15	16 XC Practice 3:00-4:30 PM	17 Race @ Hooker Oak Chico Jr vs. Marsh, CCDS, Nord, Core Butte 3:45 Girls Start 4:05 Boys Start	18	19
20 Week 4	21 XC Practice 3:00-4:30 PM	22	23 XC Practice 3:00-4:30 PM	24 Race @ Wildwood Chico Jr vs. Core Butte, CCDS, Paradise Jr. 3:45 Girls Start 4:05 Boys Start	25	26

REMINDERS

- **Don't forget your running shoes**
- Eat a healthy breakfast and lunch
- Pack a snack bar for post run refueling
- Hydrate with water and electrolytes. Drink half you body weight in ounces every day.
- Bring a positive attitude, be kind and courteous
- Be ready to run, work hard & at practice by 3:00 PM
- Leave your cell phone in your locker.
- Be Safe - Follow all traffic laws, run with a partner and stay on the described route

Parents will need to provide transportation to races at Hooker Oak Park

STRENGTH

Core Workout

30-60 Seconds Each

- Sit Up + Cross Over
- Plank (Left, Center, Right)
- Flutter Kicks
- Mt. Climbers

Body Strength

5-10 X Single Leg Deadlift
5-10 X Pistol Squat
5-10 X Single Leg Calf Raises
10-20 X Push Up
10-20 Frog Jump / Box Jump
10-20 Lunges
10-20 Step Up

RECOVERY

- Refuel & Rehydrate - Eat Healthy
- Rest - An athlete needs 9-10 hours of sleep every night
- Stretch & foam roll at home

If you are experiencing pain, communicate with a coach



2026 SCHEDULE

2026

OCTOBER
CONSISTENCY IS KEY

SUN	MON	TUE	WED	THU	FRI	SAT
SEPT. 27 Week 5	SEPT. 28 XC Practice 3:00-4:30 PM	SEPT. 29	SEPT. 30 XC Practice 3:00-4:30 PM	OCT. 1	OCT. 2 RACE @ South Pines Disc Golf, 13917 S Park Dr. Magalia, CA All Schools Event 6 th Grade 4:15 7 th Grade: 4:35 8 th Grade: 4:55	
4 Week 6	5 XC Practice 3:00-4:30 PM	6	7 XC Practice 3:00-4:30 PM	8 Race @ Hooker Oak Chico Jr vs. Bidwell Jr, Notre Dame, Paradise Charter School 3:45 Girls Start 4:05 Boys Start	9	10
11 Week 7	12 XC Practice 3:00-4:30 PM	13	14 XC Practice 3:00-4:30 PM	15	16	17 RACE @ Hooker Oak Chico High Autumn Cross Country Invite 1:20 PM boys 1:45 PM girls
18 Week 8	19 XC Practice 3:00-4:30 PM	20	21 XC Practice 3:00-4:30 PM	22 XC Championships All Schools 6 th Grade: 3:45 7 th Grade: 4:05 8 th Grade: 4:25 Awards: 4:45 Hooker Oak Park	23	24
25	26	27	28	29 End of Season Celebration 3:00 - 4:30 PM @ Caper Acres. Parent Pick Up at Caper Acres	30	31

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