

Warm Up

Emergency Action Plan rehearsal day for cross country is Tuesday, August 22. With the heat in the forecast this week – it is an excellent time to rehearse.

The Start

- Looking Ahead:
 - If your program is interested in hosting a regional on October 21, please contact Kyle Doperalski, kdoperalski@kshsaa.org.
 - Regional assignments don't come out until after classifications are set at the end of September. However, this is the week we start to look at where regionals may be.
 - The state meet [schedule](#) has been posted on our website for several months.
 - 3A, 5A, 6A schools: Please remind your parents the entry to Rim Rock Farm is gravel roads and is located remotely. Please allow a lot of extra time to arrive, get parked and then to the course. We are doing our part to expedite parking the best we can. The fact of the matter is, even with the best parking plan and perfect ingress, it still takes time to get there. This is especially important for parents who haven't been to Rim Rock before.
- Question:
 - Q: If a student is recovering from injury and rides a bike during practice, does it count toward the minimum number of practices?
 - A: If the school believes the student received appropriate conditioning and it occurred at practice, yes, this counts as a practice.

Cool Down

Reminders:

- Each student and team needs to have 12 practices before competition.
 - A dual-sport student may count up to three (3) football or soccer practices toward the 12 needed.
- The deadline to complete the coaching exam is Wednesday, August 30, 11 p.m. CT.
 - Reminder: Individuals coaching both high school and middle school teams, complete the test on the high school side, then email Tracee Miller (tmiller@kshsaa.org) to receive dual credit for the middle school.
- Be safe with the heat this week. Among other precautions, no runner should run alone, and cold water should readily available.