

## REGION III 6A CROSS COUNTRY CHAMPIONSHIPS

Where all good runners go to determine who is best on that day.

TUESDAY, OCTOBER 24, 2023

KATE BARR ROSS PARK, 486, TX-75, HUNTSVILLE, TX 77320

### Monday, Oct 23rd

**6:00 am** Meet in front of the 9th Center-CT Run and then Recovery

\*Pack uniform and sweats, extra pair of socks, spikes, healthy snacks, water, Gatorade

\*Bring any food items that you consider part of your prep for the race

**11:30 am** Leave from 9th grade center for Kate Barr Ross Park (Will do secondary CT run); Stop at Subway prior to leaving Katy, TX

**2:00-3:30 pm:** CT at Course 15sec slower than LPPM CT Pace

**4:00 pm** Arrive at Best Western Plus The Woodlands

17081 1-45 South

The Woodlands, TX 77385

**5:30pm** Dinner at Black Walnut 9000 New Trails Dr, The Woodlands, TX 77381

\*Eat a good evening meal that would normally have at home.



**7:00pm** Logbook Session

**8:30pm** Nighttime routine

**9:00pm** Lights out and get a good night of rest.

Room 1: Scott Kenney and Marvin Rathke

Room 2: Arjun Baviskar, Christopher Cameron, Matthew Montgomery, Samuel Garcia Camejo

Room 3: Lucas Brighty, Trevor Janak, Keegan Pollard, Hudson Smith

Room 4: Jose Cedeno-Barrera, Grayson Smith, Zacharie Bowe, Hrehan Arora

### Tuesday, October 24th

**5:00 am:** Breakfast is open. Wake up, get up, and greet the day of battle with excitement, eat a good breakfast!

**6:00 am** The team will depart from the hotel lobby for Kate Barr Ross Park

**6:40 am** Arrival at course and start preparation to rock and roll!

8:00 am: Start Warm Up process

**8:45 am** Check in on the starting line; Varsity men should be preparing at the starting line area for continued warm-up preparations-dynamic stretches, strides, etc. positive speak

**9:00 am** Varsity Men's Race

**10:00 am** Awards

**12:15 pm** Leave for SLHS \*Please make sure you bring any recovery drinks and lunch for the trip home.

### **The Optimist Creed**

- Promise yourself to be strong that nothing can disturb your peace of mind.
- To talk health, happiness, and prosperity to the people you meet.
- To make your friends feel like there is something in them.
- To look at the sunny side and make your optimism come true.
- To think of the best, to work for the best, and expect the best.
- To be just as enthusiastic about the success of your teammates as you are about your own.
- To forget the mistakes of the past and press on the greater achievements of the future.
- To wear a cheerful expression and give the people you meet a smile.
- To give time to the improvement of yourself so that you have no time to criticize others.
- To be too large for worry, too noble for anger, and too strong for fear, and too happy to permit the presence of trouble.

The logo features a circular emblem with a Spartan helmet in the center, surrounded by the word "SPARTAN" in large, bold, orange letters. Below the word "SPARTAN" is the phrase "I AM ONLY ONE" in a smaller, bold, black font.

### **I AM ONLY ONE**

I am only on, but I am one.  
I can't do everything, but I can do something.  
And what I can do, I out to do.  
And what I ought to do, I shall do.