

2026 Coach Giese XC Invitational

**SATURDAY AUGUST 22, 2026 at College Station CTE Center 13770
S Dowling Rd, College Station, TX 77845**

4:50 am TEAM MEETING in the PAC Lobby. Arrive through the front of the school PAC

5:00 am TEAM BUS DEPARTURE (all athletes take the bus):

MEET SCHEDULE (start warm up routine 40 minutes before race time- be aware of restroom situation when we arrive and remember our bus number): Rolling Schedule

7:30 am Big School Varsity Girls 2 mile

Big School Varsity Boys 2 mile Carter D, Duncan M, Visha M, Adam K, Finnegan P, Pradyun R, Adam R, Arush S, Savya S, Sebastian W

Small School Varsity Girls 2 mile

Small School Varsity Boys 2 mile

Big School JV Girls 2 mile

Big School JV Boys 2 mile Luis B, Aiden B, Eden B, Oliver B, Ramtin C, Jack C, Davi C, Ethan F, David H, Conno Ho, Connor Holt, Miguel J, Tyler J, Colby J, Adam K, Rahul K, Arav K, John L, Tristan L, Raymond L, Alex L, Owen M, Johua M, Henry M, Trysten M, Kian O, Nicolas P, Landon R, Mitchel Z, Charles Z, Chet V, Marcelo V, Luke V, Adrian W, Connor W,

Small School JV Girls 2 mile

Small School JV Boys 2 mile

Finish SPPM Efforts at the meet

All athletes depart on the team bus at 11:00am



Discipline

THE WORD DISCIPLINE COMES FROM A LATIN ROOT THAT MEANS "INSTRUCTION OR LEARNING". A DISCIPLE IS A PUPIL OR STUDENT WHO DESIRES TO TRAIN BY INSTRUCTION, TO FOLLOW AND LEARN AND THEN TO REPEATEDLY PRACTICE THAT INSTRUCTION UNTIL HE/SHE IS PREPARED TO DO. **Discipline — Fill in the Blank**

1. **Steve Prefontaine:** "To give anything less than your best is to sacrifice the _____."
2. **Joe Vigil:** "The will to win means nothing if you don't have the _____ to prepare."
3. **Joe Newton:** "Championships are won in the _____, not on race day."
4. **Steve Magness:** "You don't rise to the level of your _____; you fall to the level of your training."
5. **Sebastian Coe:** "You have to be _____ to be great."
6. **Arthur Lydiard:** "Train, don't strain." The key is _____, not hero workouts.
7. **Percy Cerutti:** "The only way to achieve the extraordinary is through _____ effort."
8. **Bill Bowerman:** "The real purpose of running isn't to win a race; it's to test the limits of the human _____."
9. **Frank Shorter:** "You have to _____ what you want to become."
10. **Joan Benoit Samuelson:** "Success isn't measured by medals. It's measured by the _____ you put into the work."

Your Discipline: Race Shock 200 _____ 200 _____ 400 _____ 800 _____ 1600 _____

2400 _____ 2800 _____ 3200 _____ 5 minute break go 1-2 mile SPPM

Saturday WU _____ Race _____ Cool Down _____ Sunday CT pace: _____ Mileage _____

Cross Country Meet Quick Checklist

(Check off as you load the bus / car)

Team & Athlete Essentials

- **Team uniforms** (singlet, shorts, bring extra SLHS XC tops)
- **Racing spikes or flats** (plus extra laces)
- **Athlete bib numbers** (if provided ahead of time)
- **Safety pins** (at least 4 per runner, plus extras)
- **Timing chips** (and straps if used)
- **Watches or GPS watches**
- **Extra socks** (warm up in one/ race in the other)

Coaching & Team Management

- **Roster & emergency contacts**
- **Clipboard** with meet info (schedule, map, entries)
- **Pens & markers**
- **Stopwatch / timing device**
- **Course map** (printed and/or digital)
- **Rule book** (if needed)
- **Cash / card** for entry fees or concessions

Hydration & Nutrition

- **Coolers with ice**
- **Water jugs & cups**

- **Sports drinks/Recovery drinks**
- **Small paper cups** or squeeze bottles
- **Healthy snacks** (bananas, pretzels, granola bars)

Medical & Safety

- **First aid kit** (bandages, tape, blister pads, antiseptic wipes)
- **Ice packs** (instant or cooler-stored)
- **Athletic tape / pre-wrap**
- **Sunscreen** (after races)
- **Bug spray** (after races)

Team Area Setup

- **Team tent / canopy**
- **Camp chairs**

Miscellaneous

- **Trash bags** (leave area clean)
- **Whistle** (for team assembly)
- **Camera / GoPro** (optional for photos or race footage)