

Region III 6A Cross Country Championships

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

Monday, October 26, 2026

Kate Barr Ross Park

480 State Highway 75 N. Huntsville, TX 77320

Saturday, October 24th

8:00 am Meet at Seven Lakes High School to get Quality Training Session completed

Eat well, hydrate, pack your bags with the necessary equipment. Make sure school work is completed by 4:00pm. Great day to do one more video review on the course/visualization.

https://open.spotify.com/episode/0EvUwPF7UEXMn1PQi63jCB?si=zZN-PLRAR5eqQdaYe_8THQ

Items to bring: running pants, white long sleeve top, extra running shorts, orange cross country shirt(s) running shoes, competition shoes (spikes), meet singlet and shorts, multiple pairs of racing socks, Healthy snacks, drinks, meal money (\$60), water bottles, normal meet prep items,

Sunday, October 25th

6:00 am Practice at school

8:00 am Eat a well-balanced break fast.

You will be marked absent 4th through 7th periods for this day. Go to A or B lunch.

11:00 am Eat at school lunch and then meet in the locker room

11:45 am Leave from the PAC entrance.

2:00 pm Arrive at Kate Barr Ross Park in Huntsville for course walk through & packet pick up

3:00 pm Bus will leave the park and head to the hotel

3:45 pm Arrive at Best Western Plus the Woodlands

17081 I-45 S. The Woodlands, TX 77385

(936) 271-2378

5:15ish pm Go to eat dinner- either Jason's Deli or Black Walnut

7:00 pm Logbook session

8:00 pm Relax

9:00pm Lights Out

The Following Spartans: will represent our team. Bolded names: District will provide meal money for top ten.

Monday, October 26

6:30 A.M. Wake up, get up, and greet the day of battle with enthusiasm, eat and drink any pre-run food you need.

7:30 A.M. Be present at the hotel lobby, dressed, and ready to go to the meet. Eat breakfast-Normal
Premeet items- stay away for heavy fats, meats, and eggs.

6:30 A.M. Check out of the hotel, board bus, and leave for Region Meet.

7:15 A.M. Arrive at Kate Barr Ross Park for the meet, set up camp, and make final preview of course

8: 15 A.M. All 12 of the Varsity athletes-including Alternates should be doing 2 mile warm-up

9:45 A.M. Women's 6A Race

10:15 A.M. All Varsity Men should be preparing at the starting line area for continued warm-up preparations-
dynamic stretches, strides, etc. positive speak.

10:30 A.M. Men's 6A Race: Time to Shine!

11:30 A.M. Awards

12:00 P.M. Leave for Seven Lakes High School *Please make sure you bring any recovery drinks and lunch for the trip home.

Scott Kenney- 281-658-3835

Think Tank-Think Gold

1. You are **ready!** Draw from the well! **Your well is full!**
2. XC Teams don't win on their # 1. At least ½ your points will come from your 5th runner. 5 seconds equals 10 points.
3. Keep **eyes up**/ahead on every turn,
4. **Smiles** never go up in price or down in value
5. Show me a person who is afraid to look bad and I'll show you a person you can beat every time.
6. Behind me is **infinite power**, before me is **endless opportunity**, around me is **boundless opportunity**, I shall not fear.
7. You can't control what you get. You can **control what you give**.
8. Clear your mind of can't...a properly trained mind is one that permits you to forget everything that isn't worth remembering.
9. Every day is a **great day** to get better.
10. **Enthusiasm** creates **energy**.
11. Have **fun** working hard and work hard at having fun.
12. A run begins the moment you forget you are running.
13. Be **proud** of how far you have come. Have **faith** in how far you can go.

The Optimist Creed

- Promise yourself to be so **strong** that nothing can disturb your **peace of mind**.
- To talk **health, happiness, and prosperity** to every person you meet.
- To make all your friends feel like there is something in them.
- To look at the sunny side of everything and **make your optimism come true**.
- To **think** only of the **best**, to **work** only for the **best**, and **expect** only the **best**.
- To be just as **enthusiastic** about the **success** of others 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 countenance** at all times and **give** every living person you meet a **smile**.
- To give so much time to the **improvement** of yourself that you have no time to criticize others.
- To be too **large** for worry, too **noble** for anger, and too **strong** for fear, and to **happy** to permit the presence of trouble.

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.

