



# Canby High School Cross Country



Team Schedule

Canby High School

Head Coach: Tom Millbrooke

Cross Country

721 Sw 4th Ave

School Phone: 503-263-7200

8/24/2009 to 11/7/2009

Canby, OR 97013-3999

Fax: 503-263-7212

**Team Website: [www.canbyxc.com](http://www.canbyxc.com)**

Monday	8/24/2009	1st day of CHS fall practices	Home	8:00AM or 7:00PM
<b>Thursday</b>	<b>9/10/2009</b>	<b>Canby Invite</b>	<b>HOME</b>	<b>4:00PM</b>
Wednesday	9/16/2009	Silver Falls Invite	Away	4:00PM
Saturday	9/19/2009	@Kelso Kelso Invitational	Away	10:00AM
<b>Wednesday</b>	<b>9/23/2009</b>	<b>Newberg, LO, Lakeridge</b>	<b>HOME</b>	<b>4:30PM</b>
Wednesday	10/7/2009	@McMinnville HS	Away	4:30AM
Wednesday	10/14/2009	@Forest Grove HS	Away	4:30PM
<b>Wednesday</b>	<b>10/21/2009</b>	<b>Tualatin, Tigard</b>	<b>HOME</b>	<b>4:30PM</b>
Thursday	10/29/2009	District @CCC	Away	2:30PM
Saturday	11/7/2009	State @Lane CC	Away	2:00PM

Superintendent: Jeff Rose Principal: Pat Johnson Trainer: NA  
Athletic Director: Dennis Burke ([burked@canby.k12.or.us](mailto:burked@canby.k12.or.us))

**All HOME Meets are at Molalla River State Park in Canby. Visit [www.canbyxc.com](http://www.canbyxc.com) for more details.**

**Watch the Canby Herald for Summer running opportunities...**



## Questions and Answers:

**1) Are there tryouts or will my child be cut if they do not make Varsity or Junior Varsity?**

*answer: NO. No child is cut from Cross Country. Every child will have the opportunity to participate.*

**2) What kind of apparel does my child need to participate in Cross Country?**

*answer: Good pair of running shoes with support. Basketball shoes are not sufficient.*

**3) What is the cost?**

*answer: All sports are \$100. After paying for two sports the third sport is free. Scholarships are offered if needed.*

**4) How much time does practice take?**

*answer: Generally 1 hour. At times, we do travel to a workout destination and it may take 2 hours.*

**5) Tips for taking care of my child during training?**

*answer: Sleep, fluids, and good eating habits. At times you child may complain about discomfort, this is normal.*

**6) Summer running, what is this?**

*answer: Opportunity for athletes and their parents and friends to enjoy running. Two times everyday, 8AM and 7PM Monday through Friday. All summer long, we encourage anybody who wants to get into shape join us at CHS daily.*

**7) How far will my child be running?**

*answer: All races are 5 kilometers, which equates to 3.1 miles. The first couple of races, your child will have an opportunity to run 3 kilometer race if they are freshmen.*

**8) Will my child be running on the roads?**

*answer: YES. Safety is our primary concern. We teach all athletes how to run on the roads and what to watch for when running. We have three coaches running with the athletes to ensure a safe return by each and every athlete.*