



Bowie XC Team Information

- **Mandatory time trials date this year** for the boys and girls interested in being in Cross Country (XC) is tentatively set for Friday, **May 18th at 5:00pm** around the trails of the Circle C soccer fields. **Meet at the soccer fields.** A workout schedule to get you in shape for time trials is posted on the homepage of our website, bowierunning.com. **Bring a copy of your physical to time trials and be in shape to do a 3-mile time trial.**
- Please get a new physical done on **May 12th from 9am-1pm at Baylor Scott & White at 5000 W. Slaughter Ln. #100 for \$15, or with your own doctor ASAP** in order to be involved in any athletic team for next year. Please see our webpage for more info. The physical packet can also be downloaded from our website.
- Everyone will be required to **start practice on August 6th at 7:30am on the Bowie H.S. Track** and continue working out with us for the first two weeks before school starts, or you will be taken out of the class before school even starts. Make arrangements now to be there and not miss any practices. Our first meet will probably be on Aug. 24th or 25th. **Summer workouts will be on our website.**
- **Other Summer Opportunities:** On the back is a schedule of optional (but heavily encouraged) team workouts during the summer. **Summer Team Workouts** are a great opportunity to be pushed by fellow teammates and build camaraderie for the upcoming season. Also coaches of all sports run a **Summer Strength & Speed Camp** for boys and girls throughout the summer that focuses on strength & conditioning for all sports.
- Follow us on **Twitter @bowierunning** for updates and news.
- If you have any further questions, please email me at ritgonza@austinisd.org or send me a text to 512-680-2870. Thanks, Coach Gonzales

“There’s a difference between INTEREST and COMMITMENT.

When you’re interested in doing something, you do it only when it’s convenient.

When you’re committed to something, You accept no excuses, only results.”

-Kenneth Blanchard

Here’s to hoping that you are joining because you are committed.

-Coach Guerra, Coach Pool, and Coach Gonzales

Bowie XC Summer Calendar

JUNE					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 XC practice (7:30-8:30am) Meet at Circle-C Soccer Fields	5	6 XC practice (7:30-8:30am) Meet at Bowie High School	7	8
10	11 XC practice (7:30-8:30) Meet at Circle-C Soccer Fields	12	13 XC practice (7:30-8:30) Meet at Bowie High School	14	15
17	18 XC practice (7:30-8:30) Meet at Circle-C Soccer Fields	19	20 XC practice (7:30-8:30) Meet at Bowie High School	21	22
24	25 XC practice (7:30-8:300) Meet at Circle-C Soccer Fields	26	27 XC practice (7:30-8:30) Meet at Bowie High School	28	29
JULY					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 No Practice	3	4 No Practice	5	6
8	9 XC practice (7:30-8:30) Meet at Circle-C Soccer Fields	10	11 XC practice (7:30-8:30) Meet at Bowie High School	12	13
15	16 XC practice (7:30-8:30) Meet at Circle-C Soccer Fields	17	18 XC practice (7:30-8:30) Meet at Bowie High School	19	20
22	23 XC practice (7:30-8:30) Meet at Circle-C Soccer Fields	24	25 XC practice (7:30-8:30) Meet at Bowie High School	26	27
29	30 XC practice (7:30-8:30) Meet at Circle-C Soccer Fields	31			
AUGUST					
			1 XC practice (7:30-8:30) Meet at Bowie High School	2	3
5	6 *First Day of Mandatory Practice* (7:30-9)	7 Practice (7:30-9)	8 Practice (7:30-9)	9 Practice (7:30-9)	10 Practice (7:30-9)