

Ursuline Academy Cross Country 2020



No other UA sport can make all of these claims:

- fourteen straight varsity district titles (varsity has not lost a single competition against district foes!)
- twelve straight JV district titles
- five state titles during the last eight years, and fifteen overall (tied for the most in TAPPS history)
- never worse than 3rd place in the state

We are the most accepting/supportive/least academically-obtrusive sport on campus! Most of our coaches are teachers; all run/bike along with the girls everyday! Our athletes miss fewer classes than any other sport, and our sport has been scientifically proven to improve cognitive function and increase lifespan; smart people run cross country and running cross country makes one smarter and live longer!

Everyone that is cleared to participate makes the team! That's right – this is a **NO CUT SPORT** :) We had 80 girls in 2019, 70 girls in 2018, 69 girls in '17, 59 girls in '16, 65 girls in '15, and 55 girls in '14! Cross Country only conflicts w/UA volleyball, Jesuit cheerleading, and Rangerettes. You can swim, play basketball, soccer, tennis, or lacrosse after our season concludes. **Soccer and basketball athletes may tryout for their team sport(s) in early September and return to the cross country team, completing our season before joining the soccer or basketball team after the district meet (10/15.)**

No experience is necessary, and freshmen routinely make the varsity team!

Log workouts using the free app, [Strava](#), and joining the group UAXC Running Bears, giving distance, time, and comments for each run. Follow [Jonathan Moody](#) on Strava to get invited to join the online running group.

- [athletic department paperwork](#) must be on file online with RankOne and verified before mandatory practices begin

Expectations for first week of mandatory practices (8/3-8/7)

- prospective/returning varsity runners (ideally run 25-40 miles per week in summer)
 - 48 minute run on Thursday at 8:00-9:30 minutes per mile
- prospective/returning JV runners (ideally run 15-25 miles per week in summer)
 - 36-48 minute run on Thursday at 9:30-11:00 minutes per mile
- Beginners (ideally run 10-15 miles per week for July)
 - be able to jog/walk for 36-48 minutes on Thursday, regardless of distance

Daily Practice Schedule (afternoons begin when school starts; maximum 8 personal absences per season)

Mon	4:30-6:30PM @ UA (6-8:15AM @ Norbuck until after Labor Day)	long easy run
Tuesday	4:45-6:15PM Flagpole Hill, Dallas (6:00-7:45AM first few weeks)	tempo/intervals/hills
Wednesday	6:00-7:45AM @ UA	recovery & strength
Thursday	4:45-6:15PM Norbuck Park, Dallas (6:00-7:45AM first few weeks)	tempo/intervals/hills
Friday	6:00-7:45AM @ UA	recovery & strength

There will be a parent + student mandatory meeting on Monday, August 10 from 6-7:30PM in the KIVA (large auditorium right near the double set of double entrance doors, opposite of the softball field, in the new FFC building.)

Likely race schedule (max 3 meets missed per season; can't miss District Meet and receive credit):

8/4	2mile Time Trial	Norbuck Park, Dallas	2 mile
8/7	5K Time Trial	Bachman Lake	5K
8/13	Early Bird Invite	TCC NE Campus, Hurst	3200m (Thursday evening)
8/22	Woodhouse Invitational	Lakeview RC, Waxahachie	3200m
8/29	Marcus I Invite	North Lakes Park, Denton	5K
9/5	Southlake Invite	Bob Jones Park, Southlake	5K
9/12	Forest Park XC Invite	St. Louis, Missouri	5K (top 9 only, others off)
9/19	Paschal Invite	Athletic Performance Ranch, FW	3200m
9/26	<i>Cowboy Jamboree</i>	<i>OSU Campus, Stillwater, OK</i>	<i>5K (travel & stay overnight Fri)</i>
10/2	Jesuit XC Classic	Norbuck Park, Dallas	3200m (during Fri school day)
10/15	District Meet (Thursday)	Norbuck Park, Dallas	3200m (during Thur school day)
10/26	State Meet (travel 10/25)	Cottonwood Golf Course, Waco	3200m (top 21 only – Mon race)
11/21	NXN South Regional	The Woodlands, TX	5k (encouraged for all; optional)

Any questions/concerns should be directed to Coach Moody, jmoody@ursulinedallas.org , or (214)498-3468.

Stay tuned for 2020 summer running opportunities, pending TAPPS and UA approval to resume group athletic activities. In the meantime, workout safely and report your efforts on Strava.

Preliminary Regular Season Schedule (4/28/20) – subject to change

Monday, August 3, 2020	6:00 AM	8:15 AM	Norbuck Park, Dallas		
Tuesday, August 4, 2020	6:00 AM	7:45 AM	Norbuck Park, Dallas	3200m time trial	
Wednesday, August 5, 2020	6:00 AM	7:45 AM	Walnut Hill Rec, Dallas		
Thursday, August 6, 2020	6:00 AM	7:30 AM	UA, Upper Neuhoff		
Friday, August 7, 2020	6:00 AM	8:00 AM	Bachman Lake	5000m time trial	
Saturday, August 8, 2020				coaches' meeting?	
Sunday, August 9, 2020					
Monday, August 10, 2020	5:45 AM	7:45 AM	UA, Upper Neuhoff		parent/athlete pm meeting
Tuesday, August 11, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		spike night @ Run On!
Wednesday, August 12, 2020	6:00 AM	7:30 AM	UA, Upper Neuhoff	teacher inservice	
Thursday, August 13, 2020	3:30 PM	9:00 PM	TCC NE Campus, Hurst	Early Bird Invite	3200m
Friday, August 14, 2020				teacher inservice	
Saturday, August 15, 2020					
Sunday, August 16, 2020					
Monday, August 17, 2020	5:45 AM	7:45 AM	UA, Upper Neuhoff	teacher inservice	
Tuesday, August 18, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		transfer/senior
Wednesday, August 19, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		soph/junior, comm days
Thursday, August 20, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		frosh, comm days
Friday, August 21, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Saturday, August 22, 2020	5:15 AM	1:00 PM	Lakeview Camp	Waxahachie Woodhouse	3200m
Sunday, August 23, 2020					
Monday, August 24, 2020	5:45 AM	7:45 AM	UA, Upper Neuhoff		first A day
Tuesday, August 25, 2020	4:45 PM	6:15 PM	Flagpole Hill, Dallas	1st afternoon	first B day
Wednesday, August 26, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		back to school night
Thursday, August 27, 2020	6:00 AM	7:45 AM	Norbuck Park, Dallas		late arrival
Friday, August 28, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Saturday, August 29, 2020	5:15 AM	1:00 PM	North Lakes Park, Denton	Marcus I	5km
Sunday, August 30, 2020					
Monday, August 31, 2020	6:00 AM	8:15 AM	Norbuck Park, Dallas		
Tuesday, September 1, 2020	4:45 PM	6:15 PM	Flagpole Hill, Dallas		
Wednesday, September 2, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		back to school night
Thursday, September 3, 2020	6:00 AM	7:45 AM	Norbuck Park, Dallas		late arrival
Friday, September 4, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Saturday, September 5, 2020	5:30 AM	12:00 PM	Bob Jones Park, Southlake	Southlake	5km
Sunday, September 6, 2020					
Monday, September 7, 2020	7:00 AM	9:30 AM	Norbuck Park, Dallas		Labor Day
Tuesday, September 8, 2020	4:45 PM	6:15 PM	Flagpole Hill, Dallas		
Wednesday, September 9, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		

Thursday, September 10, 2020	4:45 PM	6:15 PM	Norbuck Park, Dallas		
Friday, September 11, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		top 9 travel to STL
Saturday, September 12, 2020	8:00 AM	12:00 PM	Forest Park XC Meet	Forest Park, STL, MO	5km (top 9 only, others off)
Sunday, September 13, 2020					
Monday, September 14, 2020	5:45 AM	7:45 AM	UA, Upper Neuhoff		Service Meeting 9AM
Tuesday, September 15, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		College Night
Wednesday, September 16, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Thursday, September 17, 2020	4:45 PM	6:15 PM	Norbuck Park, Dallas		
Friday, September 18, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Saturday, September 19, 2020	5:50 AM	12:00 PM	Athletic Performance Ranch, FW	Paschal Invite	3200m
Sunday, September 20, 2020					
Monday, September 21, 2020	4:30 PM	6:30 PM	UA, Upper Neuhoff	1st Monday afternoon	Senior Service
Tuesday, September 22, 2020	4:45 PM	6:15 PM	Flagpole Hill, Dallas		
Wednesday, September 23, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Thursday, September 24, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Friday, September 25, 2020			travel day (10:10am dismissal)	miss three classes	
Saturday, September 26, 2020	7:00 AM	12:00 PM	OSU Cross Country Course, OK	Cowboy Jamboree?	TBD
Sunday, September 27, 2020					
Monday, September 28, 2020	4:30 PM	6:30 PM	UA, Upper Neuhoff		Senior Service
Tuesday, September 29, 2020	4:45 PM	6:15 PM	Norbuck Park, Dallas		
Wednesday, September 30, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Thursday, October 1, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		junior retreat
Friday, October 2, 2020	6:00 AM	12:00 PM	Norbuck Park, Dallas	Jesuit XC Classic	(3200m), jr retreat
Saturday, October 3, 2020					DPL Meet?
Sunday, October 4, 2020					
Monday, October 5, 2020	4:30 PM	6:30 PM	UA, Upper Neuhoff		Senior Service
Tuesday, October 6, 2020	4:45 PM	6:15 PM	Flagpole Hill, Dallas		
Wednesday, October 7, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		convocation
Thursday, October 8, 2020	4:45 PM	6:15 PM	Norbuck Park, Dallas		
Friday, October 9, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Saturday, October 10, 2020					DPL Meet?
Sunday, October 11, 2020					
Monday, October 12, 2020	7:00 AM	9:00 AM	Norbuck Park, Dallas	district dinner?	fall break
Tuesday, October 13, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff	district dinner?	
Wednesday, October 14, 2020					PSAT/PreACT
Thursday, October 15, 2020	6:00 AM	12:00 PM	Norbuck Park, Dallas	District Meet	3200m
Friday, October 16, 2020	6:00 AM	8:00 AM	Walnut Hill Rec	white jersey practice	OPH breakfast
Saturday, October 17, 2020	5:45 AM	7:30 AM	Norbuck Park, Dallas	white jersey practice	DPL Meet?
Sunday, October 18, 2020					

Monday, October 19, 2020	4:30 PM	6:30 PM	UA, Upper Neuhoff		Senior Service
Tuesday, October 20, 2020	4:45 PM	6:15 PM	Flagpole Hill, Dallas		
Wednesday, October 21, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Thursday, October 22, 2020	4:30 PM	6:30 PM	UA, Upper Neuhoff	state dinner?	
Friday, October 23, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff		
Saturday, October 24, 2020					DPL Meet?
Sunday, October 25, 2020	12:00 PM		UA, bus pickup	travel to Waco	top group only
Monday, October 26, 2020	9:00 AM	12:30 PM	Cottonwood Golf Course, Waco	State Meet	3200m
Tuesday, October 27, 2020	4:30 PM	6:00 PM	UA, Upper Neuhoff	NXR	
Wednesday, October 28, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff	NXR	
Thursday, October 29, 2020	4:45 PM	6:15 PM	Norbuck Park, Dallas	NXR	
Friday, October 30, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff	NXR	
Saturday, October 31, 2020					DPL Meet?
Sunday, November 1, 2020					
Monday, November 2, 2020	6:00 AM	8:00 AM	UA, Upper Neuhoff	decoration day	Senior Service
Tuesday, November 3, 2020	4:45 PM	6:15 PM	Flagpole Hill, Dallas	NXR	
Wednesday, November 4, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff	NXR	
Thursday, November 5, 2020	4:45 PM	6:15 PM	Norbuck Park, Dallas	NXR	
Friday, November 6, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff	NXR	Ranger Day
Saturday, November 7, 2020					
Sunday, November 8, 2020					Open House
Monday, November 9, 2020	4:30 PM	6:15 PM	UA, Upper Neuhoff	NXR	Senior Service / Deco Day
Tuesday, November 10, 2020	4:45 PM	6:15 PM	Flagpole Hill, Dallas	NXR	
Wednesday, November 11, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff	NXR	
Thursday, November 12, 2020	4:45 PM	6:15 PM	Norbuck Park, Dallas	NXR	
Friday, November 13, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff	NXR	
Saturday, November 14, 2020					
Sunday, November 15, 2020					
Monday, November 16, 2020	4:30 PM	6:15 PM	UA, Upper Neuhoff	NXR	
Tuesday, November 17, 2020	4:45 PM	6:15 PM	Flagpole Hill, Dallas	NXR	
Wednesday, November 18, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff	NXR	intramurals
Thursday, November 19, 2020	6:00 AM	7:45 AM	UA, Upper Neuhoff	NXR	intramurals
Friday, November 20, 2020			UA, bus pickup	travel to Woodlands	leave after intramurals
Saturday, November 21, 2020	7:00 AM	11:00 AM	Bear Branch Park	NXN South Regional	5km