

## Waldon Cross Country Quick Information – Fall 2025

- Unofficial daily practice will begin Monday, August 25<sup>th</sup> at 315PM at Waldon; we will practice Monday-Wednesday at 315PM-415PM, and Thursday morning between 830AM-930AM. We will have a meet on Friday, August 29<sup>th</sup> at Oakland University. The meet will be open to athletes that have been coming to the August conditioning and this past week practices. A physical must be current and updated on Final Forms or handed to one of the coaches. Emergency contact information must be updated on Final Forms as well.
- Official daily practice will begin after school on Tuesday, September 2<sup>nd</sup> at 1045AM. We will meet at the cross country course start area. Daily practices will continue the rest of the week after school at 245PM at Waldon. Practices after school will last 1.5 hours 1045AM-1215PM and 245PM-415PM. There will be a brief parent meeting on Friday after practice at 430PM outside the course starting area.
- We will begin our hybrid practice schedule starting the week of Monday, September 8<sup>th</sup>. Practices will either be after school at Waldon at 245PM-415PM or at 415PM-530PM (1.25 hours) at either Waldon, Orion Township Offices/Police Station off Joslyn Road across the street from Canterbury Village (new location with much better access to the Polly Ann Trail); or Orion Oaks Park (Baldwin Road Entrance).
  - o NOTE: For the offsite practices at Orion Oaks, new this year the coaching staff will send out a list of those that can attend as the park is very vast, and the athletes will need to keep up with Coach Keith (Varsity groups) or Coach Kross (JV groups). Who we invite will be based on practice and how far each kid can go without walking etc. Anyone not invited can run on their own after school or have a day off. We plan to have 2 Orion Oaks practices in September and 1-2 in October.
- We have two (2) scheduled meets on Saturday, September 20<sup>th</sup>. The varsity top 8 from each team will go to the Linden Invitational with Coach Kross. The rest of the team will stay local and run the Ortonville Brandon Fox and Hounds Invitational at Orion Oaks with Coach Keith.
- The Intrasquad Challenge will take place on Saturday, September 27<sup>th</sup> at 10AM at Waldon. This is not a meet, this is team challenge where we break the team up into multiple teams within itself and run 8 different relays and interval challenges and score it like a track invitational.
- For the MHSAA Regional Meet on Saturday, October 18<sup>th</sup>, the varsity top 8 will attend along with 2 alternates for a total of 10 runners. If the alternates are not needed to fill spots for the Varsity, they will run in the JV races later on after the varsity races at 10AM.
- We will continue with team activity and the awards we did last year on Friday, October 24<sup>th</sup>. After school we will do a smaller team challenge with a handicapped 1600 meter race and a few relays. We will then do pizza and breadsticks for the athletes followed by the team awards. We will start the team awards around 430PM and should be done by 530PM.