

# Rogers XC Practice Times 2023

Day	Class Period	Morning	Afternoon
MONDAY			<b>XC Meets</b>
TUESDAY			3:30 - 4:30 PM (everyone)
WEDNESDAY	8th grade girls and 7th grade boys		3:30 - 4:30 PM (everyone)
THURSDAY	7th grade girls and 8th grade boys		3:30 - 4:30 PM (everyone)
FRIDAY	<b>Class Period ONLY (this may change)</b>		3:30 - 4:30 PM (everyone)

Athletes should notify the coach prior to a missed practice if possible.

- ❑ Coach Adrienne Forrest email: [adforrest@prosper-isd.net](mailto:adforrest@prosper-isd.net)
- ❑ Coach Corey Welch email: [cwelch@prosper-isd.net](mailto:cwelch@prosper-isd.net)

\*\*\*If an athlete misses practice it is their responsibility to run on their own and log the expected mileage for that week.\*\*\*

## 2023 Meet Schedule @ 5pm

Date	Sat. Sept. 9 Time: TBD	Mon. Sept. 18	Mon. Sept. 25	Mon. Oct. 2	Wed. Oct 11	Mon. Oct. 16
Site	McKinney Boyd Inv @ Meyers Park  (ALL Athletes)	Prosper ISD Inv @ Northeast Community Park  (ALL Athletes)	@ Johnson MS  (Top 20 Athletes per level)	@ Evans MS  (Top 20 Athletes per level)	@ Dowell MS  (Top 15 Athletes per level)	District Meet @ Cockrill MS  (Top 15 Athletes per level)

Please make sure that we know well in advance if you will miss a meet.