




# D'Hanis XC Schedule 2018



Date	Location	JH/HS	Time
<b>Aug 29<sup>th</sup></b>	<b>@Bandera</b>	<b>HS only</b>	<b>4:30 pm</b>
Sept 8 <sup>th</sup>	@Hondo	JH/HS	AM
Sept 15 <sup>th</sup>	@Devine	JH/HS	AM
<b>Oct 13<sup>th</sup></b>	<b>@TBA</b>	<b>DISTRICT HS</b>	<b>TBA</b>
Oct 13 <sup>th</sup>	@TBA	DISTRICT JH	TBA
<b>Oct 22<sup>nd</sup></b>	<b>@TBA</b>	<b>REGIONALS HS</b>	<b>TBA</b>

Please join Remind 101  with smart phone, enter this number **81010** and text this message **@ede83k** or email, [ede83k@mail.remind.com](mailto:ede83k@mail.remind.com) to get connected. 😊

Coach: Ana Sandoval

[asandoval@dhanisisd.net](mailto:asandoval@dhanisisd.net)

210-360-0131

Athletic Director D: Todd Craft

Principal: Kurt Schumacher

Superintendent: Scott Higgins

SEE ATTACHED WORKOUT SCHEDULE:

NOTICE: HIGH SCHOOL RUNNERS AND JUNIOR HIGH RUNNERS YOU MUST HAVE A CURRENT PHYSICAL ON CAMPUS. NURSE KENNY MUST HAVE YOU CLEARED BEFORE STARTING ANY PROGRAMS FOR DHANIS ISD. NO EXCEPTIONS!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST 12	AUGUST 13	<u>AUGUST 14</u> HS 6-7am	<u>AUGUST 15</u> HS 6-7 am	AUGUST 16	AUGUST 17	<u>AUGUST 18</u>  HS only Hills workout 7:30am
AUGUST 19	AUGUST 20	<u>AUGUST 21</u> HS 6-7am new gym	<u>AUGUST 22</u> HS 6-7am new gym	AUGUST 23	AUGUST 24	<u>AUGUST 25</u> High School Hills workout 7:30 am Meet at CR 422/424
AUGUST 26	AUGUST 27	<u>AUGUST 28</u> JH PRACTICE 6-7AM HS XC PRACTICE 7AM UNIFORM AND MEET PREP	<u>AUGUST 29</u> JH PRACTICE 6-7 AM HIGH SCHOOL ONLY BANDERA BULLDOGS XC MEET 4:30PM	AUGUST 30	August 31	<u>SEPTEMBER 1</u>  COACH IS OUT OF TOWN NO PRACTICE OR MEET>
SEPTEMBER 2	SEPTEMBER 3	<u>SEPTEMBER 4</u> JH AND HS XC PRACTICE 6-7 AM	<u>SEPTEMBER 5</u> JH AND HS XC PRACTICE 6-7 AM	SEPTEMBER 6	<u>SEPTEMBER 7</u>  JUNIOR HIGH UNIFORMS	<u>SEPTEMBER 8</u> XC MEET HONDO AM
SEPTEMBER 9	SEPTEMBER 10	<u>SEPTEMBER 11</u> JH AND HS XC PRACTICE 6-7 AM	<u>SEPTEMBER 12</u> JH AND HS XC PRACTICE 6-7 AM	SEPTEMBER 13	SEPTEMBER 14	<u>SEPTEMBER 15</u> XC JH AND HIGH SCHOOL DEVINE MEET AM
SEPTEMBER 16	SEPTEMBER 17	<u>SEPTEMBER 18</u> JH AND HS XC PRACTICE 6-7 AM	<u>SEPTEMBER 19</u> JH AND HS XC PRACTICE 6-7 AM	SEPTEMBER 20	SEPTEMBER 21	SEPTEMBER 22 JH AND High School Hills workout 7:30 am
SEPTEMBER 23	SEPTEMBER 24	<u>SEPTEMBER 25</u> JH AND HS XC PRACTICE 6-7 AM	<u>SEPTEMBER 26</u> JH AND HS XC PRACTICE 6-7 AM	SEPTEMBER 27	SEPTEMBER 28	SEPTEMBER 29
SEPTEMBER 30	<u>OCTOBER 1</u> JH AND HS XC PRACTICE 6-7 AM	<u>OCTOBER 2</u> JH AND HS XC PRACTICE 6-7 AM	<u>OCTOBER 3</u>	OCTOBER 4	OCTOBER 5	OCTOBER 6 Coach out of town Daughter's wedding
October 7	<u>October 8</u> <u>XC 6am</u>	<u>October 9</u> <u>XC 6 am</u>	<u>October 10</u> <u>XC 6am</u>	October 11	October 12 XC 6 am stretch	October 13 XC district Location TBA

July 27th, 2018

Dear Parents:

My name is Ana Sandoval and I have been appointed coach of the D'Hanis Junior High and High School Cross Country teams. This letter is to provide you with practice and meet information for the upcoming 2018 season. I invite you to our athletic meeting for all athletes. I look forward to meeting with you and your athlete. If you have any questions about the practice schedule or meet times and places, I will be available for questions after the general meeting. As always, I appreciate parent involvement and support. Keep in mind that this schedule is not "set in stone", we may have to make changes/cancel due to inclement weather or that running outside may be unsafe. I will try to communicate as quickly and as accurately as I can to avoid problems with schedules.

My contact information is as follows:

Ana Sandoval

Secondary Campus

Cell number: 210.360.0131

Email: [asandoval@dhanisisd.net](mailto:asandoval@dhanisisd.net)

\*\*\*Instructions for High School Cross Country:

High School Cross Country Remind app: Download the Remind App to your phone. Text this number 81010 and text this message @ede83k or you can email [ede83k@mail.remind.com](mailto:ede83k@mail.remind.com).

\*\*Instructions for Junior High Cross Country:

Junior High School Cross Country Remind app: Download the Remind App to your phone. Text this number 81010 and text this message @93k33e or you can email [94k33@mail.remind.com](mailto:94k33@mail.remind.com)

The Remind app will notify you automatically. I strongly suggest to use this app for its convenience.

Sincerely,

Ana Sandoval

XC/Track Coach