

Reservoir HS Cross Country: *Fall 2026*

Coach: Head Coach – Philip Rogers (410) 888 – 8850; progers@hcpss.org
Asst. Coaches – Bobby Gessler, Rhys Ziemer, Eric Schuler, Laura Guenin

WEBSITE: <http://xctf.rhsgators.com/>

Paperwork

All **Necessary Paperwork** will be turned in online via a parent/guardian's HCPSS connect account.

- ☐ Fill out the Emergency Contact Information google form: [CLICK HERE](#)
- ☐ Sign the Team Rules: [CLICK HERE](#)
- ☐ **Get your Physical schedule NOW.** Make an appointment with your doctors
 - If you can't get into your doctors by August 19th, you can go to the following locations:
 - CVS - Minute Clinic
 - First Call - By Chick Fil a
 - Patient First
 - Rite Aide
- ☐ Copy of a Utility Bill (Water Bill, BGE, HARDLINE Phone Bill (*No Cell phones*), etc) - It must show your address and a current date (within 3 months)
- ☐ **For 10th - 12th graders, academic eligibility: make sure you do not have more than one E and have at least a 2.0 for the 4th quarter**
- ☐ You and your parent/guardian will need to acknowledge a number of online forms.
- ☐ **CHECK TO MAKE SURE YOUR NAME IS ON THE TEAM ROSTER.** [CLICK HERE](#)

PAPERWORK HELP: Do you need help submitting paperwork, here is the link:
<https://www.hcpss.org/f/connect/hcpss-connect-guide-hs-athletic-registration.pdf>

Scrimmages/Meets:

There will be a scrimmage on Friday, August 21st at RHS. This is required for all athletes in order to participate on the team.

Tri – Meets, Invitationals, Championships: Almost every athlete will be able to run in almost every race.

Schedule Link: [CLICK HERE](#)

August Schedule:

First Day of Practice	Aug 12	RHS	7:00am - 9:00am
Team Practice	Aug 13 - 14	RHS	7:00am - 9:00am
Team Day	Aug 13	Feet First	All Day
Team Practice	Aug 15	Patuxt Val MS	7:30am - 9:00am
Team Practice	Aug 17 - 18	RHS	5:45am - 8:00am
Beaver Dam Team Trip	Aug 19	Beaver Dam	10am - 4:30pm
Team Practice	Aug 20	RHS	5:45am - 8:00am
Team Time Trials	Aug 21	RHS	3:45pm - 6:30pm
Team Practice	Aug 22	Patuxt Val MS	8:00am - 9:45am
Team Practice	Aug 24 - 28	RHS	3:00pm - 5:00pm
Team Practice	Aug 29	Patuxt Val MS	8:00am - 9:45am

Schedule Notes:

- Each practice, be sure to show up with water and/or Gatorade, running shoes, etc. Also recommended, a change in T-Shirt for after your run, towel to use/sit on, change of socks, and/or slides for after your run, and a snack. Also recommended a running watch.

- Saturday's: We do have practice on Saturday's and most of our most important Cross Country Meets are on Saturday's. Athletes are expected to be in attendance.
- The Team Time Trial on August 21st is a REQUIREMENT.
- Per Policy, every athlete is required to have 20 supervised days of practice prior to their first play date.
 - Our First meet is September 5th at River Hill HS. Meaning if you miss more than 2 practices between August 12th and September 5th you will not be able to run in the first meet.
 - Our Second meet is September 9th. Meaning if you miss more than 5 practices between August 12th and September 9th, you will not be able run in the first or the second meet.

Financial Obligations:

1. Feet First Team Night: Thursday, August 13th. ALL DAY.
 - Training Shoes - Need Summer trainers and Fall Trainers. For Distance Runners: training shoes are typically good for one season of running. Fall, Winter, Sprint Summer
 - Racing Shoes (optional - but Highly recommended)
2. Team Trip to North Carolina (Sept 18 - 19) – we want everyone to attend. I will have a team letter about the trip within the next few days.
3. Team Donation – every little bit helps
4. Uniform Shorts (\$30), Warm-Ups (\$100 Optional) & Spirit Wear (optional) (SEE BELOW FOR MORE DETAILS)

Shoes:

All athletes should wear reasonably new running shoes. These shoes should only be worn during practice/meets. Should not be worn in school, mowing the grass, going to the mall, etc. As a team, we will provide two scenarios where athletes can get a discount on shoes. Here are the two options.

- **FEET FIRST:** Athletes can attend [Feet First](#) anytime between 11:00am – 8:00pm this Thursday. During this time you can get discounts on just about anything in the store including your name brand shoes (Nike, Adidas, New Balance, On Cloud, HOKA, etc).
- **SWIFT RUNNING:** Swift Running is a shoe company/brand that is right in our own backyard-They are located in Maple Lawn! The goal Swift Running is to offer a high performance running shoes at a fraction of the cost of the name brand shoes. I can personally vouch for the shoe and so can a few of the girls on the team. We plan to have them visit practice the week we return to school. Swift running will set up a table at our Team Trial on Aug 21 and parents can come by to purchase shoes (4:30pm – 6:30pm).

Beaver Dam Swim Club

This is our first official Team Social Event! On Wednesday, August 19th: There will not be official practice at the school. All athletes will be given a run/workout to complete either on their own, or they can get together with teammates. They must simply post that run to STRAVA prior to 10:00am. We ask that all athletes attending the Beaver Dam Team trip, arrive at the team area at RHS by 10:00am. We will need all athletes to RSVP and if student-athletes can drive and/or parent volunteers, please use the GOOGLE Link Below. Beaver Dam is a unique team

bonding experience. We BBQ, Play Volleyball, Corn Hole, Basketball, and of course swim in the quarry. Please check out the [Swim Club Website](#).

Please use this link to [RSVP and Transportation Link](#). We hope that all athletes can attend.

Team Shorts
Warm-Ups
Spirit Wear
Donations:

[CLICK HERE for the Link for all 4 Items](#)

All **athletes new to the team** are asked to purchase **Team Shorts**. \$30. You can pay in cash, check (Payable to RHS) or pay online. These shorts are the official uniform shorts and are purchased by the athletes for sanitary reasons.

Warm-Ups: Please fill out the google link before paying. This is very important so I know the sizes to order. You can pay now or pay when the warm-ups arrive. Just be sure to order using the google form. All orders due by Sunday, August 23 @ midnight.

The **spirit wear** is ordered by BSN (the host of the spirit wear site). These orders will arrive within 7-10 days of your buying them. We are trying out a new ordering process and the idea is that, as soon as you pay, the items go into production.

We should have the spirit wear site up and running soon.

Please consider making a **donation** to the program to help offset costs of the team trip and other fun things that we like to do as a team! Thank you.

Communication:

Parents and Athletes: Please join the REMIND APP. Student/Parent safe text message service for students and educators.

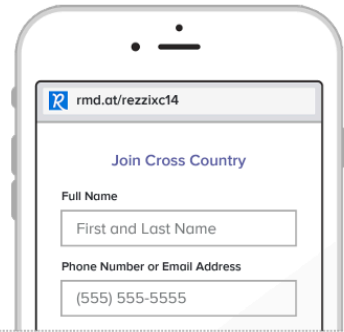
Click here: <https://www.remind.com/join/rezzixc14> OR

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/rezzixc14

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



The image shows a smartphone screen displaying the Remind app sign-up page. The URL bar at the top shows 'rmd.at/rezzixc14'. The page title is 'Join Cross Country'. There are two input fields: 'Full Name' with the placeholder 'First and Last Name', and 'Phone Number or Email Address' with the placeholder '(555) 555-5555'.

B If you don't have a smartphone, get text notifications.

Text the message @rezzixc14 to the number 81010.

If you're having trouble with 81010, try texting @rezzixc14 to (484) 241-4261.

* Standard text message rates apply.



The image shows a smartphone screen displaying a text message interface. The 'To' field contains the number '81010'. The 'Message' field contains the text '@rezzixc14'.

Communication (CON'T)

Athletes ONLY: Please join the **GROUPME**

You're invited to my new group 'Reservoir Cross Country 🏃🏃🏃' on GroupMe. Click here to join: [CLICK HERE](#)

Catonsville

- **Recovery at Home. Things all athletes should be doing at home.**

- Rehydrate and Refuel
 - Drink water or electrolyte-rich fluids.
 - Eat a carb-protein combo meal/snack within 30–60 minutes (e.g., banana with peanut butter, Greek yogurt with granola).
- Muscle Recovery Tools
 - Foam Rolling
 - Target quads, hamstrings, calves, and IT bands.
 - 1–2 minutes per area to release tight spots.
 - Massage Guns
 - Great for breaking up muscle tension.
 - Use for 30–60 seconds per muscle group.
 - Inflammation Control (*If your muscles are sore*)
 - Cold Therapy
 - Ice bath (10–15 mins) or ice packs on sore spots.
 - Reduces inflammation and speeds healing.
 - Contrast Showers
 - Alternate hot and cold water (30 sec each) for 5–10 minutes.
 - Stimulates blood flow and recovery.
 - Stretching & Mobility
 - Static Stretching
 - After runs or in the evening. Focus on hip flexors, calves, hamstrings.
 - Passive Recovery
 - Sleep
 - Most important recovery tool.
 - Aim for 7–9 hours per night.
 - Rest Days
 - Don't skip them. Recovery happens when you're not running.