

## **Warm Up**

Happy first day of practice! Please review the [heat acclimatization rules](#). This document answers several questions you may have specifically about two practices on the same day, etc.

## **The Start**

- Money
  - Brooks Running has [partnered](#) with the NFHS to support high school cross country and track and field. \$1,000,000 is available nationwide. The team grant [application](#) deadline is August 21.
  - REPEAT from last week: MileSplit and MeetPro have formed a [partnership](#) that all Kansas coaches and ADs should be aware of. This could save your program hundreds of dollars.
- Emergency Action Plan
  - EAP rehearsal day for cross country is next Tuesday, August 22.
- Individual racing
  - If an individual on your team wants to run in a meet that the rest of your team isn't, someone from the school (coach, AD, etc.) needs to be at the meet. If the individual is transported by parents or other non-school methods, KSHSAA catastrophic insurance doesn't cover transportation. One thing to keep in mind, if this is something your program is going to entertain, that individual gets the same number of competitions others do.

## **Cool Down**

If your program is interested in hosting a regional on October 21 please contact Kyle Doperalski at [kdoperalski@kshsaa.org](mailto:kdoperalski@kshsaa.org) and/or have your AD indicate interest on the ADM-Fall form which is due on Thursday, August 17.