

# Kowboy XC Invite, Kissimmee, FL

## Friday, October 1

6:15 AM Athletes report  
Busport  
Depart HHS at 6:30 AM ET  
Bring your own Bag lunch  
3:30—Check out course  
4:30 Check-in hotel  
6:00—Dinner @ hotel  
7:30—10:00 PM—Team time  
Lights Out @ 10:30

## Saturday, October 2

5:45 Breakfast  
6:15 Depart Hotel  
6:30 Arrive at Course  
7:30 VBoys race (rolling)  
8:00 VGirls Race  
8:30 JV Boys and Girls Race  
10:00 Depart course  
11:00 Depart for Universal  
Studios IA with lunch  
Dinner OYO at USIA  
9:00 return from USIA

10:00 lights out

## Sunday, October 3

7:00 Breakfast  
8:00 Departure  
Lunch (on your own) on way  
4:00 Arrive at HHS

## Hotel

Holiday Inn Orlando SW Celebration  
5711 W. Irlo Bronson Memorial Highway  
Kissimmee, FL 34746  
407 396-4222

## Transportation

His Majesty

**COST:** \$345 includes transportation, 2 nights deluxe accommodations, 4 meals (2 breakfasts, 1 lunch, 1 dinner), race entry fee, USIA Tickets

## WHAT TO BRING

Uniform and running/racing shoes.

Mask for the bus and for USIA (Universal Studios Islands of Adventure)

Lunch on the bus (Friday)

Practice clothes and windsuit or sweats, ponchos and raingear

Changes of clothes and toiletries, swimsuit, sunscreen, comfortable shoes for park

Money for souvenirs, meals and any stops along the way (\$100)

ONLY 1 BAG—SPACE IS LIMITED

## RULES

Be on time all the time.

No Drugs, tobacco, or alcohol

Follow all school rules at all times.

No changing rooms without coach's permission.

Be respectful of the coaches, chaperones, bus drivers, and other guests of the hotel.

No boys/girls sharing rooms at any time--all meetings in public areas.

Lights out means lights out.

Please do not leave your room until dismissed by the chaperones.

Athletes are responsible for any expenses they may incur.

When at USIA....it is your responsibility to check in with the coaches/chaperones and the designated times.

### **CONSEQUENCES**

Violation of these rules will result in disciplinary action including NO RACE, DISMISSAL FROM TEAM, AND/OR FURTHER SCHOOL DISCIPLINARY ACTION. If necessary, parents will be called and expected to come get their athlete from Orlando.

Remember, this is an honor to be here so respect the team, coaches, and chaperones.

Emergency cell contacts

Kent Simmons 770 595-9987

Jason Scott 404 822-3917

Meredith Bonanni 770 596-7874

Becky Dunn 770 846-7142

Danielle King 678-613-2357

### **RACE INFORMATION**

#### **LOCATION**

Osceola High School, 420 S. Thacker Avenue, Kissimmee, FL

#### **COURSE**

2 loop course with grass and dirt trails and some road crossings

**"We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."**

**Jesse Owens, Olympic gold-medalist**