

# Washburn Rural XC Fun Week 2022

## **Monday June 27 - Meet at WRHS**

### ***Kickball - Bonfire***

We'll get Fun Week kicked (pun intended) off with a little Kickball. Team points will be on the line so make sure to show up and have your big kicking foot ready to go. In the evening we'll head over to the Fink's house for a bonfire and more hangout time.

## **Tuesday June 28 - Meet at Lake Shawnee Ted Ensley Gardens**

### ***Sand Volleyball & Donuts***

We'll knock out our mileage and then pop over to the sand volleyball courts for a little friendly competition. We'll have donuts and juice available for everyone.

## **Wednesday June 29 - Meet at Shunga Trail B&B**

### ***Royals Game!***

After our run we will meet up to carpool to KC and watch the Royals take on the Texas Rangers at 1:10PM. If you missed the sign up deadline and are still wanting to go, check in with Coach Swedlund.

## **Thursday June 30 - Meet at Landon Trail**

### ***Long Run Competition & Pancake Breakfast - Coach Louderback's House -Game Night at Trevor's***

Today's competition is all about the mileage; 1 point for every mile your team runs (up to 10 miles per runner). After running those miles you will have certainly built up a healthy appetite; we'll head to Coach Louderback's house for a pancake breakfast where more Fun Week points will be on the line. 1 point for every pancake you eat (pancake points cannot exceed long run points ie. if your long run was 4 miles your max pancake points will be 4).

## **Friday July 1 - Meet at Gov Mansion**

### ***Pool Party - Johnson's House***

There's nothing quite like jumping in the pool in the summer! The Johnson's have generously offered their private pool for this event. Come have fun at the pool party and be prepared for some bonus fun week points - belly flop competition is always a crowd favorite.

## **Saturday July 2 Meet at WRHS Track**

### ***Blue Jeans Mile***

The famous Blue Jeans Mile will be the finale of Fun Week . The tradition started right here at Washburn Rural before sweeping the nation. This race is exactly what it sounds like; put on your favorite pair of blue jeans (no holes, no spandex), hop on the track, and Send It! Show up at 7:30 pm; the race will start at 8 pm. Fun Week Points will be on the line and we will crown our Champions and MVP.

## **Fun Week Team Point Allocation**

1 point will be awarded for each team member who attends the summer run on that day and an additional point will be awarded for attendance at the Fun Week activity.

Monday Kickball Format: 1st round will be Round Robin which will determine the 1-4 seeding, 2nd round will be the official tournament (1 seed plays 4 seed & 2 seed plays 3 seed), Winners advance to the championship game & losers play for 3rd. Points will be awarded as follows:

1st: 20 points

2nd: 10 points

3rd: 5 points

4th: 1 points

Tuesday Sand Volleyball Format: 1st round will be Round Robin which will determine the 1-4 seeding, 2nd round will be the official tournament (1 seed plays 4 seed & 2 seed plays 3 seed), Winners advance to the championship game & losers play for 3rd. Points will be awarded as follows:

1st: 20 points

2nd: 10 points

3rd: 5 points

4th: 1 points

Thursday Long Run & Pancake Competition:

1 point awarded for each mile ran up to 10 miles per runner. 1 point awarded for each pancake eaten up to 10 pancakes per runner. Points for pancakes eaten will only be awarded up to the amount of miles ran on Long Run day

The Blue Jeans Mile will be the official finale of Fun Week. One point will be awarded to each team member who completes the race. Additional points will be awarded for the top 10 finishers with 1st receiving 10 points, 2nd receiving 9 points, and so on. There will be separate categories for boys and girls.

\*Random Competitions or RC's will take place periodically throughout the week. One of the coaches will announce the RC and each team will be given an equal opportunity to be awarded points.

The team with the most points at the end of the week will be the Washburn Rural XC Fun Week Champs. They will be awarded the traveling trophy at the closing ceremony at the Blue Jeans Mile.