

Dear Cross Country Team:

We are all looking forward to the 2010 cross country season very much. We have the talent and team depth to be an outstanding team. The past few years have been very successful ones for Shaker Cross Country and everyone is anticipating great things for 2010. At the same time we all must realize that there are no guarantees in this world and nothing can be taken for granted. Success is not entitled, it must be earned. Talent is of course necessary, but only a part of the equation and must be coupled with determination and the will to work hard to achieve desired success. It is easy to be mediocre because great things are not sought or expected of you. How hard everyone works will ultimately determine how good this team will be. Each one of you must set realistic individual goals and work toward them with determination and perseverance. No one can have his own agenda and everyone must be on the same page with his teammates.

To the new members of the team, welcome to Shaker Cross Country. I look forward to working with you and helping you to become good distance runners and making a contribution to our program. You are joining a good athletic team and an outstanding group of young men. We compete in the very best league in the state, The Suburban Council.

#### SUMMER RUNNING

1. I don't want you to be able to run PR's when we start practice, but I do want you to be able to do workouts.
2. Start with a warm up jog, stretching, our drill routine and then go out for your run.
3. Log miles. Logging miles is running at a comfortable, slower than race pace, not jogging.
4. Run 6 days a week with 1 rest day and work up to include one long run each week.
5. Increase your mileage gradually so that by the last week before our first team practice you total between 40 - 50 miles for the week if you are a Varsity or JV runner and 30 miles for the week if you are a Freshman runner.
6. There are summer track meets and road races. If you wish to run in them, do so without running interval workouts or speed workouts in preparation.

I encourage each of you to have a physical before our first practice. Those of you who need a physical to be eligible to start practice must have the PHYSICAL FORM along with the PARENT PERMISSION FORM returned to your school nurse prior to Aug. 2nd. I will go to the nurse's office Aug. 2nd. I want to find everyone checked as having "Health Office Approval" and cleared to start practice.

FIRST PRACTICE - Monday, August 23rd @ 9:00 AM at the Colonie Pike Path at the bottom of Buhrmaster Road.

If you or your parents have any questions, please call me at 783-6945

Coach Springstead