

July 1, 2010

Dear Cross Country Candidate:

I hope you are enjoying the summer, and are getting in great shape for the Cross Country season!

In order to be prepared for your first team practice, YOU MUST have done some summer running on your own, or with other team members this summer. By running I mean approximately 7:30 – 10:00 minute mile pace, depending on your ability. Below is a schedule for you to follow.... set your mileage goal, and stick to it. Of great importance when you start your training are your shoes. Get yourself a good pair of training shoes. I recommend Fleet feet off Wolf Road.

<u>JULY SCHEDULE</u>	<u>7TH-9TH GRADES</u>	<u>10TH-12TH GRADES</u>
2 nd Week-July 11th	3 miles/day	5 miles/day
3 rd Week-July 18th	4 miles/day	6 miles/day
4 th Week-July 25th	5 miles/day	7 miles/day
 <u>AUGUST SCHEDULE</u>		
1 ST Week-August 1	5 miles/day	7 miles/day
2 ND Week-August 8	6 miles/day	8 miles/day
3 rd Week-August 16	6 miles/day	8 miles/day

Begin each workout with about 15-20 minutes of warm-up exercises for stretching , and finish workout with a warm-down by jogging a half mile easy and strength exercises. Include hill work in your training program. Do about ten repetitions every other day.

We have a strong nucleus this year and have the opportunity to be very competitive this season! YOU must start working now to contribute to our team's success. GO OUT AND RUN! DO YOUR SHARE!

If you have any questions, please call me at home (783-8999) or by cell (258-1498).

You must have a current physical and your parent permission card must be turned into the health office at the school after July 16th. All 7th and 8th graders also need the selection classification physical forms turned in as well. Cross-Country practice will begin on **MONDAY, August 23rd, at 9:00 a.m. at The Crossings Park (meet in the back parking lot).**

** MANDATORY Fall "SPORTS INFORMATION NIGHT" will be **Wednesday, September 1st @ 7:00 p.m.** Shaker High School. ATTENDANCE FOR PARENT/GUARDIAN IS MANDATORY. If a parent fails to attends, a make-up meeting needs to be scheduled. If a parent does not attend meeting or make-up, athlete may not participate in the sport.

Sincerely,
Marbry Gansle
Head Coach – Girls XC