

July 1, 2011

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 15th. All 7th and 8th graders also need the selection classification physical forms turned in as well. Cross-Country practice will begin on **MONDAY, August 22rd, at 9:00 a.m. at The Crossings Park (meet in the back parking lot).**

** MANDATORY Fall "SPORTS INFORMATION NIGHT" will be **Tuesday August 30th @ 7:00 p.m.** Shaker High School. ATTENDANCE FOR PARENT/GUARDIAN IS MANDATORY. If a parent fails to attend, 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 X-C

Girl's Cross-Country Fall 2011

Pre-Season Practice Schedule: PLAN 2 HOURS FOR PRACTICE!

Monday	August 22 rd	The Crossings	9:00 am
		(Meet in back parking lot)	
Tuesday	August 23 th	The Crossings	8:00 am
Wednesday	August 24 th	The Crossings	8:00 am
Thursday	August 25 th	The Crossings	8:00 am
Friday	August 26 th	The Crossings	8:00 am

*Optional – Sat. 8/27th @ The Crossings – 8:00 am

Monday	August 29 th	Colonie Bike Path	8:00 am
Tuesday	August 30 st	Colonie Bike Path	8:00 am
Wednesday	August 31 st	Colonie Bike Path	8:00 am
Thursday	September 1 st	Colonie Bike Path	8:00 am
Friday	September 2 nd	Colonie Bike Path	8:00 am

*Optional – Sat. 9/3rd @ The Crossings

Tuesday	September 6 th	Shaker High	2:00 pm
Wednesday	September 7 th	Shaker High	2:00 pm
Thursday	September 8 th	Colonie Town Park	2:30 pm
Friday	September 9 th	Shaker High	2:30 pm
Saturday	September 10 th	Springstead Invitational	9:00 am

Coach Marbry Gansle

Girls' Head Cross-Country Coach