



Cross Country

Cross Country



To: Modified Cross Country Runners
From: Coach Gregg Kastanis, and Coach Katrina Costello
Date: July 2019

Hi, I hope you are enjoying your summer and looking forward to running cross country this fall. We are excited about the upcoming season. We have a challenging course on campus and will train there as well as on our track. This letter will give you the information you need to know about our team before school begins in September.

There will be an informational, 20-minute meeting after school on September 5th in the MS South Gym at 3:00; students will need to be picked up or take the late bus home from this meeting. **Practice begins Tuesday, September 10th.** Check the white board for the exact time and place. Due to the large number of athletes who participate in cross country, the Middle School Cross Country program will continue to develop two groups of athletes. **One group of more advanced and committed runners will practice every day and a second group of beginning runners and/or those who may not be able to make practice every day will practice 3x per week.** We will practice on school days only, weather permitting (there will not be practice on weekends or holidays). Practice will begin shortly after school each day and will end in time for you to catch the 4:15 p.m. late bus. If you choose to get picked up from practice, you will need to arrange to be picked up by 4:15 before the buses depart. You will be asked to take the late bus anytime you are not picked up before its departure.

You must wear running shoes that are in good condition to practice and to meets. You may not wear other types of sneakers for running. You will need to be dressed to run each day with socks, an athletic top, and athletic pants or shorts. Remember to dress for the weather. Be prepared to run on hot, humid days as well as on cold, damp days. If you are not dressed appropriately, you will not be allowed to practice. Also be sure to drink a lot of water throughout the day and up to an hour before practice. **Bring a reusable water bottle with you to practice every day.**

The Cross Country programs main objective is to provide you with an opportunity to develop good habits that will enable you to improve as a runner, and to offer you the incentive to continue in our program as a varsity athlete when you get to high school. In order for us to achieve these goals together, we expect that you will come to every practice and meet ready to run, learn, and have fun.

It would benefit you greatly to stay in shape this summer. Cross training activities such as swimming and bike riding can be beneficial. We recommend that you try to run up to five days per week. You should build up your distances so that you are eventually running between 10 and 15 miles per week. If you already have your own routine, or if you would like to run more than this, that would be great. A sample running schedule at your peak might look like this:

- Monday: 2 miles
- Tuesday: 3 miles
- Wednesday: 2 miles
- Thursday: Off
- Friday: 2 miles
- Saturday: 3 miles
- Sunday: Off

In the summer, it is best to run in the morning or late in the afternoon when the temperature has cooled down. Be sure to drink water up to an hour before you run, as well as after you run. Remember to stretch well, and to wear running shoes to avoid injury. If you will be running on roads, be wary of traffic. Never run with headphones on, as you will need to hear the traffic as well as see it. **Always run against traffic** to see the cars approaching you. Wear reflective clothing and be careful!

Have a wonderful summer. We look forward to seeing you in September.

Regards, Coach Kastanis and Coach Costello