

Cross Country Preseason Immediate Information

1. Physicals and Paperwork: Make sure your student-athlete gets a physical and turns in the paperwork. No physical means no practice, so please, set up an appointment and get physicals done if they have not already. **They will need 3 pieces of paperwork:** a physical form, an athletics participation contract, and a concussion form. These can be obtained online on the school website under the "Parent Resources" tab or in the high school office.
2. Rest: Encourage your runner to take it easy the 4 days leading up to camp. They can do their long run Thurs or Fri, then do an easy 20 minute jog once or twice Sun-Tues. We want their bodies to heal up and be ready to start Wednesday the 2nd.
3. We will begin XC Camp Wednesday, August 2nd. This is mandatory and will allow us to meet, get used to my practice routine, and will prepare them for practices beginning on Monday the 7th. Camp will last about an hour and 45 minutes each day. It will be each day that week including Saturday. The following week practice will be Monday- Saturday at 8am, location variable.
4. Practices until teachers go back to school (usually a few days before students go back) will begin at 8 am to beat the August heat. We practice every day except Sunday. **Starting on Monday, the 21nd, practices will be at 3:30 pm.**
5. **Practices will be at one of two locations:** school, or the Wabash Trace trail. If dropping a runner off, be sure to know what the location of the practice will be for that day. A few times a week we will go to the trail to take advantage of its softer surface.
6. Please read the attached Parent Letter PDF for information regarding the season.