

# KING HIGH CROSS COUNTRY UPDATE LETTER

August 28, 2011

Hello All:

With school starting there is a lot of change taking place from our summer routine. You need to go to [www.kingcrosscountry.com](http://www.kingcrosscountry.com) to read of the schedule and all that the week holds.

A couple of points deserving of extra emphasis for the week.

## **6th PERIOD PE**

The class is for those needing PE credit, mainly freshmen and sophomores. We will meet in Coach Peters' room, G123

## **HYDRATION**

It is absolutely necessary that athletes adjust to the lifestyle demands of our sport, especially during the hotter months. Drinking water -- lots of it, throughout the day -- is non-negotiable habit each of you must get into. Bring a bottle to school, plan on downing a minimum of 32 ounces of WATER throughout the day to protect you from heat-related issues during afternoon workouts. Tell your teachers who you are and that "bathroom breaks" are common. Please, for your safety and health, this is something that must be done. Soda, juice -- they don't count. Water is the best thing, and while "sports drinks" may taste good, they are full of sugar and not a great substitute for plain, old fashioned water.

## **LATE START MONDAY AND TUESDAY**

Due to high temps predicted, we will start practice at 6:00 PM these two first days. Students are allowed to go home and then return when it is a bit cooler for the start of practice. On tuesday, the "morning group" will do 30 minutes of core work immediately following school in Coach Peters' room, and then will be dismissed to go home and return.

## **FALL SPORTS MEETING WEDNESDAY NIGHT**

This is a required meeting for all athletes and a parent of each. Starts at 6:00 PM in the gym and then we'll break out by sport to cover our policies and expectations. Attendance will be taken and is treated as a normal practice in terms of attendance. Missing the meeting is treated as the equivalent of missing practice. We will be discussing our season, our focus and our requirements. There are a number of papers that must be signed in order to compete -- they will be handed out, but you can get advance copies on our website to print, sign and bring with you.

If you need racing shoes (recommended for everyone) we will have VS Athletics on hand with their truck of shoes. Go to our website for a flyer showing what they offer and prices. Good deals!

Advancing, on purpose,

Coach Peters