

August 8, 2011

Greetings to all of you:

The third week of Summer Camp has finished, as as the coaching staff has observed and discussed what we are seeing, we are finding a lot of good going on! With about 100 kids out each morning, we are reminded again that the simple act of getting up before 6:00 AM all summer is a great discipline indeed, and the maker of good things to come in life in and outside of running.

### **TIME TRIAL #1**

Our rookies took their first stab at a full three mile distance in an effort to a) meet the time standard for team selection and b) measure their progress in the first three weeks of camp. The results are encouraging, you can find them posted near the bottom of the main page of our website.

There are still a few who need to break the habit of walking and jogging in order to meet the standard, to those not there yet, a strong admonition to use the next two weeks to work harder is given to you. Seize the opportunity!

### **OUR NEXT WEEK - AUGUST 6-13**

With a portion of the team and the coaching staff in Mammoth, there will be no practice in Riverside, however it is strongly recommended that you follow the recommendations we will have on the website. Courtney Mort has indicated she'll be at school at 6:30 AM all week for those that would like to join her.

### **SUMMER CAMP RESUMES AUGUST 15**

The last week of summer camp will commence on August 15 with the final day of camp the following Saturday, August 20. On Thursday August 18th, we'll have our summer camp activity, a pool party and BBQ at a Riverside pool near UCR. We've rented the pool and the lifegaurds from 3-7 PM and we'll serve up so good food Coach Peirce style. It's free to all who are part of the camp. Tickets are required though so we can buy the right amount of food and drink, tickets will be distributed on Tuesday August 16th.

### **OFFICIAL TRYOUTS AUGUST 22,23,24**

We are calling these three days "tryouts" as they will serve as a time for those who did not participate in the summer camp to come on out and get a bit prepared for the final time trial which will be held on August 24. These three days will start at 6:00 AM like we've been doing all summer.

### **TEAM SELECTION AND SEASON START**

On August 24th, the team will be selected and posted on [www.kingcrosscountry.com](http://www.kingcrosscountry.com) The next morning, August 25th at 6:00 AM, the season is official and those who have been selected for the season are required to be at practice. We will practice at 6:00 AM both Thursday and Friday that week, along with a 7:00 AM saturday run.

### **SCHOOL START**

Once school starts we shift to afternoon workouts. Please be advised ... on Monday through Thursday of the first few weeks of the school year, we will be "weather dependent." If the temps are in the upper 90's and above, we will postpone practice until 5:00 PM so as to avoid some of the heat. We will attempt

to use weather forecasts and announce the schedule on Sunday of each week, but be prepared to have last minute changes of plans as the temps dictate. We will tweet such announcements at [www.twitter.com/kingrunning](http://www.twitter.com/kingrunning) --- a good reason to get a twitter account and have it text you on your smart phone.

### **REMINDER ON POLICY REGARDING DUAL-SPORT INVOLVEMENT**

Finally, a gentle reminder to juniors and seniors only -- we have changed our policy regarding dual sport involvement (meaning King XC and a club sport of any kind). Trying to serve two masters is not healthy academically nor athletically, and concurrent participation in club sports while trying to do well in cross country is difficult and costs the young person full success in running. We are no longer allowing upper classmen to play two sports at the same time. If you are choosing to run XC at King, we require that it be your full commitment during the Fall. For 9th and 10th graders, we will allow it as we view these two years of development as a time for young athletes to experiment and find out what they may be good at and what they enjoy. In our view, by the 11th grade year, it is time to make a choice.

Therefore, for the 11th and 12th grade athletes, missing cross country practice to join a practice for another team/sport, or missing a XC meet to play a game for another sport will not be allowed.

This was explained and announced at our "pre-summer" meeting in June, so this should only serve as a reminder.

We're running "on purpose" here at King, and we're grateful for the many of you who share our passion.

Keep on keepin' on.

Coach Peters