

Greetings

Today we ended what was a good summer camp for us! We had a lot of young people getting exposed to the joyful challenge of running distances as well as a time for others to prepare well for the coming competition. We had a great pool party yesterday and Coach Peirce did a great job of work putting together the delicious food and making it happen. Thanks too for the army of parents who came out to help ... its awesome what you do for our program and you are truly appreciated!

Tryout Days Next Week:

Monday, Tuesday and Wednesday. While they are days to "tryout" for kids who were not part of summer camp, its normal practice for those who have been with us. Don't plan on anything being different in terms of practice these days. 6:00 AM to 7:45 or so.

There will be one final "time trial" on Wednesday for those who are trying out as well as for those who have yet to reach the standard during the three previous time trials we've held this summer. Only those who need to meet the standard will be running the time trial, the rest will be on a normal aerobic run.

Please, if you know of someone who is interested in joining the team, let them know they need to be at these three days ... at minimum they must be at the time trial on Wednesday.

Season Starts Wednesday Evening/Thursday morning!

We'll post our team selection rosters on www.kingcrosscountry.com by Wednesday afternoon. At that point, the season has officially begun. Practice will no longer be voluntary and attendance will count toward race-day participation as well as varsity letter points. There will be practice next week Thursday, Friday and Saturday. Practice will be in the mornings each of those days.

Second-sport/Club Involvement

All juniors and seniors are required to make a choice regarding involvement in outside clubs/sport or cross country. We have announced and explained this change in policy on numerous occasions. Missing cross country practice or races for practices or games for other sports will not be allowed and will be grounds for dismissal from the team. Leaving XC meets early, or "right after your race" in order to make a game or practice will not be allowed. If your attachment to, skill in, or love for another sport is strong and that sport runs concurrent to our season, we ask that for you own good, you pursue that sport without the distraction of cross country. Thank you in advance for your cooperation.

Varsity Expectations

While we won't know who the exact "varsity team" is until we actually start racing, for training and organizational purposes, we have a "varsity group" that includes anywhere from 10-13 individuals. Our expectations of these athletes are great, including morning workouts once the season begins (excluding rookies who may be in that grouping). We will post a list of these two groups next week once the season starts. Likewise, each week the website will have posted what days will include morning runs and what days will be extended afternoon practices with advanced stretching, core and upper body strength conditioning.

Afternoon workouts and the heat

With school starting soon, we face the adjustment from running in the cool of the morning to the heat of the afternoon. Please be advised, that our practice start times in September are in flux except for Friday and Saturday. If the temps are in the upper 90's, we postpone the start of practice to 5:00 PM, and in that we have given everyone advance notice, those late practices are mandatory. I will try and "read the forecast" (ha!) on Sunday and post start times ahead of time, but please be aware that it could be a "day of" situation. Fridays, being Friday, will always be at 2:45 PM and we'll adjust the workload if necessary. Saturdays are always in the morning.

Very important, the runners MUST get in the habit of proper hydration, drinking 32 ounces of water during the day prior to practice.

Long Run Wisdom:

Today we completed our weekly long run, which no doubt left some of you wondering ... "WHY???" Here's a short but good article that helps explain further the things we say in practice. Read it, k?

<http://runningtimes.com/Article.aspx?ArticleID=23328>

Pusuing the joy of advancement,
coach peters