

**Newsletter**

**Summer 2012, Issue 1**

####  HMS Cross Country

**Reminders:**

1. First Practice Thursday, August 23rd 6:30-7:30pm.

Second Practice First Day of School.

2. Practices are after school from 3:00-4:00pm.

3. Must have Physical on file.

4. Running shoes recommended.

5. Start running on your own in the Summer.

6. Make sure you drink water when you run.

7. Bring a water bottle to practice.

**What is cross county?**

We run races against other Middle School teams. Most distances are 1.5 miles. The courses are all off road, through the woods, dunes, and rivers.

**Who can run?**

EVERYBODY. No one sits the bench. Everybody who is in 6-8th grade, especially if you are not doing another sport in the fall. Want to get in shape. Or have a lot of energy to spare.

## **Practice:**

Practice is from 3:00-4:00pm everyday unless otherwise stated. We will meet at, “the tree”. (I’ll show you where on the first day!) Be dressed in shorts, t-shirt, and running shoes. Bring a water bottle with you.

**Practice format:**

1. Warm up run.

2. Stretch

3. Running activity.

4. Discussion and Final stretch

5. 4:00 all done.

**Start Running Now!**

Yes I know the season hasn’t started yet but you need to start doing some walking and jogging. You should try to run 3-4

times a week for a total of 25 min each time. Start by walking, then jogging. If you get tired go back to walking for a couple of minutes, then start jogging again. Your goal should be at least 15 mins. of jogging without walking. If you can’t no problem just keep walking and jogging.

**Shoes:**

I recommend running shoes, you do not need spikes. If you need running shoes I recommend, Striders in Grandville, Gazelles or Running Circle in Grand Haven. Some of these stores will give you a discount on shoes if you mention you are part of our team.

**Do you know others who would like to join?**

It is not too late. If you know others who would like to join cross country please pass this information on. I am very excited about this upcoming season. If you have any questions please email me at toddcroo@hpsvikings.org or go to crooksclassroom.weebly.com

From Coach Crook