

June 2009

Welcome to Swartz Creek Cross Country!

Last season, the 2008 Cross Country teams made waves in the Metro League, with the girls finishing as **Co-Champs** and the boys as **Runner-Up**. We will look to improve on these finishes in 2009, but it won't be easy. The team will have to commit to the same training but with increased intensity and purpose. We'll accomplish this by working together as a team.



With the State Meet just twenty-one weeks away and the league meet two weeks before that, there is not much time to prepare. We need to start now. Do not be intimidated, we don't throw our kids into 50-mile weeks. Our program is designed to help you gradually build your distance and speed based on your current fitness. If you work patiently and consistently, you'll be surprised what you can accomplish by the end of October.

Must-Haves

Enclosed you will find all the information you'll need to get your summer training underway. Before you begin, there are three necessities that must be in place:

1. **Training Shoes** – Cross country puts significant demands on your body and requires proper equipment to keep you healthy. Please purchase a good pair of training shoes from a runnign store such as Bauman's or Complete Runner. Be sure to tell them that you are on our cross county team. It is well worth the investment.
2. **Chronograph (Stopwatch)** – Our most important training tool is the clock. A cross country athlete who shows up to practice without a watch does not really want to improve. Please purchase a wrist watch that includes a stopwatch and will allow you to save at least eight splits.
3. **Training Log** – You have been provided with eight weeks worth of log sheets, which must be completed prior to you attending camp. This information will allow you and your coaches to track your performance and help us pinpoint what works and what does not work.

Summer Practices

In the summer, we will continue to meet by the visitors' entrance to the stadium on the west side in the student parking lot, just as we did last summer. Our practices are not mandatory and have no bearing on your participation on the team in the fall, but the training is invaluable. The team meets at **8am** Monday through Friday. Practices on Monday, Wednesday, and Friday are **student-led**. We'll rely on our veterans to lead the runs. On **Tuesday** and **Thursday**, the coaches will also be in attendance to offer encouragement as well as train themselves.

The week of June 29 – July 5 is our state mandated dead week in Swartz Creek. Coaches are not allowed to have any contact with team members during this week and so we will not be in attendance.

We're happy you have chosen to participate in cross country and looking forward to another great season! Follow team news on-line at **swartzcreekcrosscountry.org** and read on for specifics ...

Sincerely,
Coach Murphy and Coach Wiens