

The 2017 Cross Country season is coming up quickly. I am excited to start this journey with each of you. Coach Liza Margelofsky has agreed to manage the middle school program. Together we hope to challenge, engage, and motivate you for the season ahead.

Getting Started

If you want to get through the cross country season without sore muscles, shin splints, etc., I encourage each of you to stay active this summer. High schoolers, you should start running as soon as mid June, even three times a week will help you condition. Try to be at 15-20 miles a week prior to the start of practice. Middle schoolers you should begin light running, at least a mile each day in July, increasing the distance as your body allows. Staying active with D1, other sports and activities all summer long is another way to stay in shape. With practices starting in Mid August, do what you need to do to be ready.

Nutrition

There is a right way and a wrong way to feed your body and build muscle for running. I plan to cover this the first week of practice. *Your assignment is to find out what foods help you prior to running and what is a good source of protein for you to eat after the races.*

Practice

Official High School practice begins on August 14th with a XC High School Campout from Monday the 14th through Wednesday the 16th. Middle School practices start on August 17th at 8:15 am. These will last approximately 90 minutes. Hopefully it will not be too hot during the morning hours. Below are the details of practices. I will hand out a detailed calendar the first week of practice.

When: 8:15 to 9:30 am on August 17th through August 25th. Then, August 28th is High School pictures at 1:00 pm with Practice starting at 2:30. August 29 practices will begin at 3:30 to 5, just like they will be in school. Once school starts on September 5th practice will begin at 3:30 and most days will be done by 5:00 pm. We will practice every available day since cross country is a short sport season running only till the end of October.

What to bring: Running shoes – Your practice shoes are usually more stabilizing than your actual lightweight meet shoes. I would recommend looking at Eastbay.com for some deals on shoes over the summer months. Most meets you can wear lightweight running shoes with spikes. For practice, I would get a comfortable pair of running shoes that will last longer. For clothing wear shorts or sweatpants, t-shirt or sweatshirt, possibly some dry weave or dri fit running shirts. Dress appropriately for the weather. During the season it can be anywhere between very hot and dry to very cold and wet. The school will provide uniform running shorts and top for meets along with matching warm up clothing.

Everyone must have a valid school physical and impact testing/concussion awareness documents prior to participating in practice. NO EXCEPTIONS. If you still need impact testing done, Contact me to make arrangements. As stated, you cannot practice until this is done.

Nice to have, but not essential: A wristwatch with stopwatch/timer capabilities. An app for your phone that helps you track your running, determine your best pace, etc. I would recommend XC Calculator or RunCalc. Find an app that you like and share with others. I encourage you each to track/record your mileage and your workouts.

Where is practice: Meet at the high school track in front of the fitness center. Many days we will be running around the school and other places in Bonduel. Some practices may be off site, may start or finish in the weight room or the track.

What to expect: Every day we will do something different and hope to have a lot of fun. Each practice will have a short team meeting at the beginning or at the end. You will be asked to properly warm up, stretch, run long distances, short distances, sprints, treadmill workouts, biking, timed running, hill workouts and proper cool down. If you have been running or working out this summer, practice will be easier on your body. If you haven't started to run or workout until practice starts, expect to be sore the first and second week. You need to build muscle, cardio and endurance over time. Jumping right in, you are more prone to injury. I hope you can start to prepare for the season and we can have an injury free or very few minor injuries during the season.

Meets

Our first meet is August 29th in Iola. Be ready to leave school at 2:00 sharp. Be on time or you will miss the bus and not be allowed participate. **Our second meet will be one week later on September 5th which is the day after Labor Day and the first day of school. High School boys and girls run a 3.1 mile or 5K race. Middle school boys and girls run 1.5 to 2 miles.** Every member of the team participates in these races. The top five runners count as our team score, but every runner counts as they can also displace runners on other teams. **I will hand out a full schedule the first week of practice.**

If you know of any other athletes that may be interested in joining cross country, please feel free to pass this information on to them. I look forward to a fun filled exciting and successful season. I have my sights on many personal bests, our conference meet, sectionals and even state!

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Facebook page Bonduel Co-ed Cross Country Teams

For joining our texting group, text 81010 and type in @bondxc. This will put your cell phone on our list for team notifications.

You can reach me any way that you feel most convenient.

Kind Regards,

Coach Diane Schnell