

2020 Jaguar Cross Country Summer Training Information

USD 232 is committed to taking all steps necessary to help maintain the safety of students and staff in light of the COVID-19 pandemic. As such, we are following the Governor's plan to reopen Kansas, along with guidance from Johnson County health officials, as well as cooperating with all Johnson County public school districts and KSHSAA.

Our current plan is to offer our summer training beginning June 1 through online programming. We cannot allow for in-person training under the current plans to reopen Kansas. We will offer virtual training that student-athletes can complete at home that will include video communication with our coaching staff and team. We will operate our summer training program under this virtual format until school districts are allowed to safely resume face-to-face meetings.

Program details:

Coaching, training, and communication will be provided through Google Classroom, Remind, Strava, Garmin Connect, and Zoom meetings.

Each athlete will have an individualized training plan that helps them prepare for the fall cross country season. We will check in as a group several times a week and coaches will be available for individual questions.

We will begin on June 1st and continue virtually until we are permitted to have contact. Our first day of practice in the fall is August 17th.

This program is open to students 7-12 AND any alumni that want to jump in and provide guidance through this time.

Program cost and registration:

The program is offered free of charge. We ask athletes to register so that we can share registration information for various digital platforms. You may register [here](#).

Summer goals:

This summer provides a unique challenge as we prepare for the fall season. Not only are we seeking to physically prepare you for the season, but also looking to keep our family atmosphere of love and support.

1. Help each athlete train safely in preparation for the fall cross country season.
2. Maintain our sense of team and positive team culture.
3. Have fun and improve.
4. Prepare our team to continue our success this fall

What do I need?:

A good pair of running shoes purchased from a running specialty store such as Garry Gribbles. Running specialty stores will offer a discount if you are running cross country this fall.

A running watch (can be a simple \$15 watch from Wal Mart) will be helpful for workouts!

Internet access via your phone or laptop to various digital platforms.

A positive attitude!

Questions:

If you have any questions, please contact Chris McAfee: cmcafee@usd232.org

