



## Girl's Cross Country - Fall 2021 Season

Head Coach: Megan Ulrich

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Assistant Coaches: Jenny Wilson, Jana Valdez and Sarah Baker

### Coaching Purpose Statement:

"I coach and work along-side young runners as they develop Responsibility, a sound Work-Ethic, Perseverance and Knowledge of the Sport in an environment that encourages, expects and values Positivity, Compassion, Kindness and Integrity."



### Important Summer Dates:

- Summer Conditioning: Much of our season success is made during summer conditioning. Participating in summer conditioning allows you to experience optimal strength and preparedness. Plus...we have a GREAT amount of fun over the summer! We start Monday, **June 7th** and will meet behind Mayflower Mill, in the back parking lot, at **6 AM**, Monday - Friday! Once school starts, we will have practice after school until 4:45 - 5 PM.
  
- June 7th - Summer Conditioning Starts  
June 28th - July 2nd - Moratorium - NO PRACTICE  
July 28th - 30th: Potential Training Camp - TBD

August 2nd - First Official Day of Practice

This year with the pandemic, many of our typical summer activities are up in the air. However, it is with cautious optimism that we are hoping to return to many of our regularly scheduled activities...canoe trip, Dunes trip, 12-hour (maybe shorter) relay and the car wash! As we get closer to summer, we will be sure to keep everyone updated!

### **Important Cross Country To-Do List:**

- Complete Final Forms!! - This will be the very first thing that needs to happen! Once that's done, we have verification that your child is eligible to participate (yay!) AND it creates our email list for all information to be sent out. They cannot participate in conditioning until all of that is complete.
  
- Download the GroupMe app so that you can join our group! I will send an invitation through the Final Forms email list.
  
- Make sure you mark all of the important dates in your calendar. Be sure to include the dates from our summer events and also our meet calendar.

- Get ready because summer conditioning starts on June 7th at 6 AM! We will make sure that anyone in summer school is done in time to go to class. You need to have a good pair of running shoes and a water bottle. 😊
- Contact me with any questions! I can be reached at [mlulrich@tsc.k12.in.us](mailto:mlulrich@tsc.k12.in.us).