

2018 East River Cross Country

Summer Conditioning Schedule

Days: Monday, Wednesday, & Friday

Time: 7:00AM-9:00AM

Location: East River HS on Monday and Wednesday, meet at the track. Friday's will be held at one of three locations. Halscott in Wedgefield, Wedgefield Park, or Blanchard Park. Locations will be discussed ahead of time.

-Conditioning starts on **JUNE 4th, 2018.**

-There will be **no conditioning practices** on the week of **July 4th.**

What to Expect

- Cross Country is a very exciting sport. You will get to race in all sorts of different environments and at different places.
- The weather will be **HOT, HUMID**, and/or **RAINY** everyday. So be prepared! Wear appropriate clothing!
- Water is a must. We will do our best to keep water available. However it is still your responsibility to stay hydrated throughout the day and to bring a water bottle with you during practice. No excuses.
- Cross Country is a long distance running sport. Having the proper footwear for practice is key. Wearing running shoes will not only help you to run faster but also to run safer and help prevent injuries.

- Come to practice hungry for improvement, not for food. Eating can make a major difference in performance, no skipping meals.
- While this is a tough sport, we will do our best to keep it fun and exciting. So be ready to practice hard and to have fun.
- Meets are generally on Saturday Mornings. Plan ahead of time. If for whatever reason you absolutely must miss a practice or meet, let either coach know a week in advance.
- Cross Country is what you make of it. If you come to practice everyday with a positive attitude and mindset, things will go well for you. We are a family and we will always support one another and lift each other up.
- Stay consistent. It makes a difference.

Coaches Contact Information

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