

Laker Women's Cross Country 2020

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XC Team Websites: <http://sites.google.com/site/lakerxcrun/Home>
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Welcome to the XC TEAM! You have decided to take part in an amazing sport. We are very excited to be working with you this season and watch you improve your fitness and become a better runner and racer.

2020--Below is the information we usually give to families prior to the start of the season. This year will look VERY different. Our goal is to get the Team out everyday to practice, offer time away from their computers and some much-needed socialization (from a 6' distance). Cross Country is the one sport not required to wear a mask during practices. A 6-foot distance from each other is still mandated. The competition schedule is still unfinalized, but I have added some dates for your calendars at the bottom of this document.

Important Things To Know

- Equipment Needed:** Relatively new running shoes (trail or pavement) & a *watch*. Get a good pair of running shoes (no minimalist practice shoes, please). Stop by Skirack or New Balance anytime for discounted prices. We do not need a lot of equipment for this sport. Make a good investment into your health. You also need a digital watch that has a stopwatch on it. If you are willing to invest in a GPS watch, I recommend the Garmin Forerunner 235. Bring these to every practice.
- Invest in a pair of racing spikes. They will last you several years since you only use them to race.
- Fill out your forms online before the first practice!**
- Always come to practice on time and prepared for the weather. Bring a water bottle and a snack to all practices. We are not near water fountains.
- Practices take place away from campus most of the time.
- Duration of the practices may vary.
- Always show up to races on time and prepared for the race and day. That means bring your uniform, shoes, a change of clothes, a snack and whatever else you may need.
- Show up for trips **15 minutes** prior to the time the bus is scheduled to leave.
- Let Coach Samler or Aley know if you are going to be late or unable to attend practice. If you are in school you must talk to Samler face to face. Email/text works if you are not in school. **If you are not at a practice the day before a race then you do not race in that race.**
- First unexcused missed practice is a warning. Second you will not be able to travel and race in the next race. Third time we will have a meeting and discuss your future on the team.
- Remember, you represent yourself, your school and your team. When we attend races you are expected to be on your best behavior.
- You are a member of a team.* This is not a part time, show up when you want team. You are expected to be at **ALL PRACTICES** and contribute to the best of your ability. As your coaches, we are committed to helping you become a better runner and expect you to be there giving your best effort every day.
- You are a **Student Athlete**. We expect you to get all your school work done and be at practices and races. If you are having a hard time with being on a team and getting your work done, let us know how we can help!

14. If you are injured, sick or somehow unable to race in a specific meet(s), travel with the team on the bus will be at the coach's discretion.

15. **1) Stay eligible 2) Graduate! 2) Keep it positive 3) Set Goals**

Meets: Top 7 runners on the team race in the varsity races on Saturdays. If you are not in the top 7 you will race in the JV races. Top 7 runners on the team race in the State Meet. Everybody races on Tuesdays.

Remember: *The GOAL is to be running your fastest at the end of the season in the State Meet and New Englands!*

Varsity Letter Requirements: Race in half of the Saturday races at the varsity level and compete in the State Meet.

IMPORTANT DATES:

Sunday, September 20th- Island Vines (5 miler) Volunteer Day 9-11 AM

Saturday, October 3rd- Championship 5k (we will be entering this race as a Team if we do not have a race scheduled for the same day)

Saturday, October 31st- State Meet @ Thetford

As always, please feel free to contact me with questions!

Cheryl