Grain Valley Cross Country

@GrainValleyXC GrainValleyXC Grain Valley Distance

Dear Student Athlete & Parent/Guardian,

The 2021 Grain Valley XC Pre-Season is approaching! We hope this letter finds you having had a safe last year. You are receiving this letter because either you have expressed interest in running cross country or someone has recognized your ability and has identified you as having the potential to positively impact our program. If you are apprehensive to start a sport like cross country, please remember that our coaching staff is experienced at training athletes who are new to the sport. We will be VERY delicate with your training schedule and realize that it takes time to develop an appropriate base for distance running by utilizing current and researched-based training techniques. **In short, if you've heard rumors that we just run miles and miles, that isn't true and completely depends on ability level. Most likely, new members will start with 10 or 15 minute runs, slowly progressing training as the body is ready**.

1. It's simple. Here's what you need to do.

1. Fill out this interest form or scan the JOIN US QR code.
2. Check out the information below.

JOIN US GVXC

2. A message from the coaches & athletes

(scan the QR codes with a smartphone camera to access the messages or click the names below)

Coach Small

Coach Elder

COMING SOON!

Athletes

3. Preseason schedule

May 31st - June 4th - One Week *Grain Valley Distance* ***Virtual Training Series*** *via STRAVA*

To kick off our season we will ease into things letting athletes build some fitness for a week on their own. Join us on STRAVA! It's simple. Go to your APP store, download the free STRAVA app, and create a profile. Search Grain Valley Distance and request to join. Many of our athletes are already logging miles on STRAVA. During the preseason this will help our coaching staff and athletes begin to establish consistency in training. Even once the season officially starts in August, this will be a great way for us to keep track of weekly minutes, heart rate, training load and progress. Parents and guardians can create accounts as well and follow their athlete and their progress throughout the season!

June 7th - July 30th - *Grain Valley Distance **In Person** Preseason*

Back by popular demand and for the second preseason in a row, we will meet off campus 4 of our 5 days during the week. This helps us both mix up the monotony of running from the school and gets our kids on soft surfaces to prevent injury. We will meet in various locations corresponding to days of the week.

Mondays (7:30 - 9am): Bike Trail in parking lot near playground. I70 & Little Blue Pkwy across from Menards
Tuesdays (7:30 - 9am): Burr Oak Woods. Parking past school by gazebo on right before entrance to Burr Oaks
Wednesdays (7:30 - 9am): Lake Vista Trail. Parking near dam of Lake Jacomo (Normal meeting spot)
Thursdays (7:30 - 9am): NEW Lake Vista location. Trailhead off Woods Chapel, between Liggett Rd & 40 Hwy
Fridays (7:30 - 9am): High School Campus - Weight Room

4. That's a Long Preseason!!

We realize that many athletes will have conflicts during this preseason schedule with planned trips and or other commitments. While distance running is all about consistency in training, we completely understand and respect the crazy schedule that accompanies summer for some of our athletes. We anticipate this and can easily make use of virtual training via the STRAVA app during these times. Communication in these circumstances is very important. Our no contact Dead Weeks are July 3rd-July 11th & July 31st-August 8th.

5. Communiaction

Most communication will take place via Remind **initially**. To sign up, simply text the number 81010 with the message @XC-Track. The district is looking at an app based version for communication that will allow consistency across programs for communication services. Once these details become available and this is implemented, our XC program will shift to this form of communication. These details will be given to athletes prior to the change. If you need to contact a coach directly, contact information is listed at the bottom of this letter. Social media platforms can be found in the header of this document.

6. Physicals & rSchool Directions

YOU DO NOT NEED A PHYSICAL FOR THE FIRST DAY OF THE PRE-SEASON. However, once the season starts in August, you will not be able to practice until this is taken care of. Our athletic department uses rSchool to manage physicals. In most cases physicals are good for 2 years, however, some medical professionals will check the box on the physical that requires yearly updates. If this box is checked, your physical will expire 12 months from its date. Please take care of all physicals AND upload them to rSchool prior to August 9th. Click here or scan the QR Code for directions:

7. Tentative Meet Schedule Link & QR Code

Our coaching staff is looking forward to a great season and we are excited for the potential we see in each of you individually as well as our goals as a team. As always, we are committed to helping all our athletes become better people on and off the course, in the classroom, and at home! Looking forward to seeing all athletes for STRAVA training on the 31st and in person on the 7th! If you have any questions, do not hesitate to reach out using the contact information listed below. Our tentative Meet Schedule can be found here or by scanning the QR Code.

Sincerely,

Coach Nick Small (nsmall@gvr5.net) - 816-591-2967

Coach Rachel Elder (relder@gvr5.net)- 319-670-1913