

## 2025 Cross Country Fall/Spring Information



Thanks for your interest in cross country! Cross is tough and demanding but is also extremely satisfying when you see your times drop. We work hard but have fun in practice and everyone is there to support each other. In this letter are some things to know for this summer and fall.

1. **Most Importantly-** Make sure that you get a physical this summer and sign up for Final Forms. Communication about practices that we will have in August will go out through Final Forms email messages. These practices will start before school starts. Look for an email with dates and times in late July or early August. These practices are strongly suggested but not mandatory. If you don't come and if you don't run throughout the summer you will be behind when we get back to school. If you don't have a physical on file when we get back to school you won't be able to practice until that is turned into the main office.
2. If you want to be successful this year it's a great idea to start running this summer. Try to get out and run at least 4-5 times a week. Most meets we run are 3k (1.86 mi), so being able to run about 2 miles non-stop should be your goal. When it's hot, run in the morning or evening and stay hydrated. Make sure you stretch for 5-10 minutes before you run.
3. If you haven't run before, start slowly and build up gradually. Find a set distance or a set time and each time you run try to keep going a little farther or longer. Find a steady pace you can maintain and try to keep going. Jogging at a slow pace is better than walking but if you need to walk some at the beginning that's OK. Even when you walk make sure you're walking at a fast pace. If you can, find a buddy or group to run with. It will help you to keep going and you can encourage each other.

**Example Beginner Workout**- Start by trying to jog a half mile, then build up to  $\frac{3}{4}$  of a mile, then a mile. If you can't jog a half mile, walk a bit and then go back to running. Try to walk less and less each time. Once you get up to running a mile non-stop keep doing that distance and then add another  $\frac{1}{4}$  mile until you get up to 2 miles. Do it in chunks so it doesn't seem like so much each time. If you have one, use a Fitbit, GPS or smart watch to help you keep track of distances and times. Both Field of Dreams and Spencer park have nice walking/running paths you can use if you're near Demotte.

4. Once school starts we will practice every day after school until 4:00 and at that time you will get a schedule for the entire season. We will not practice the very first day of school but will likely start the second day. You'll need to bring running shoes, shorts, a t-shirt and a bottle of water. Once we get back to school in August look for emails from Final Forms, listen to the announcements and check Schoology for updates.

We have a Schoology group for Cross Country that you will be added to once we have started regular practices. You can join now if you know you are going to run, the access code is WXBQ-K3T3-HT72P. If you were in the Schoology group last year you're still in it and don't need to rejoin.

Hope to see you out this fall!

Coach Oates and Coach Volovlek

If you have any questions feel free to email Coach Oates at [woates@kv.k12.in.us](mailto:woates@kv.k12.in.us).