



Dear New Trier Cross Country Athletes and Parents/Guardians,

I hope this email finds you and your family well.

This letter will once again detail my vision for the program and provide some helpful information about the upcoming 2025 season.

As the head boys cross country coach, my *raison d'être* is to maintain and enhance the program so that it develops runners and individuals who will represent the team, school, and your family with utmost respect and integrity. Moreover, the coaching staff and I want to create a memorable experience for your son so that he develops a passion for running and will want to continue the activity throughout his life.

The New Trier Cross Country program has a long history of excellence as athletes, students, and citizens. This is a tradition that *will* continue. Our team culture asks student-athletes to be more than just participants. Members of our program will be **contributors** who trust their coaches and **buy-in** to our training philosophy and process, **work hard** during practice, in the classroom and sleep 8+ hours each night, and **grow as runners and individuals**. Our athletes possess an **attitude of gratitude** and *bring passion, value, and positive momentum* to practice every day and then race with a “**never give up, never give in**” attitude during competition. We live and attack activities **with purpose**! Trevians always put the **TEAM first**, lead by giving, and aim to make their teammates better. Our program collectively and individually will be lauded for our sportsmanship and mental toughness. We will strive for excellence in everything we do collectively and as individuals. Together we will achieve great things. *Onward Trevians!!!*

Information about the upcoming season:

The first day of practice will be Monday, August 11th, 2025. This means we will have 8 practices before the first day of school on Wednesday, August 20th. The Monday start date once again aligns our program's schedule with the first official IHSA practice (which is later than previous years) *and the* earlier than normal start to the New Trier calendar.

- **Our assumption is that EVERY member of the team will be present on the first day of the season on August 11th.** I believe, unequivocally, that missing days at the start of the season makes building camaraderie and teaching our training and ancillary principles more difficult for our program. When athletes have trickled in late to the season they miss vital foundation work for a successful season and are therefore at a greater risk of injuring themselves. *Any reason your son will miss the August 11th start date needs to be communicated directly to the head coach with a phone call.* Thank you in advance for having your son at practice on August 11th so we can start our journey as one cohesive team!
- **At least one week prior to the season, your son will need a valid athletics physical on file with the Health Services department & your family will need to complete the Athletics registration process** through PowerSchool Parent Portal.
 - [CLICK HERE FOR DETAILED INSTRUCTION to register your son for XC](#)

- Per State of Illinois law, your son's physical is valid for 13 months. If the physical expires, he is not allowed to participate until it is updated. This is non-negotiable. Please double check to see if your son's physical will expire during the cross country season. If it will expire during the season, please make an appointment with your primary care physician as soon as possible.
- If your son has a summer job, employers are generally accommodating of our practice schedule if communicated well in advance.
- **For future reference and family trip planning, based on the IHSA calendar, cross country will start on:**
 - **August 10th in 2026,**
 - **August 9th in 2027.**
 - **And, August 7th in 2028**

Expectations:

- Cross country is a six day/week commitment.
 - The only days we do not have practice are on Sundays and religious holidays observed by the school. In 2025, both **Rosh Hashanah on Tuesday, September 23rd**, and **Yom Kippur on Thursday, October 2nd** result in days off school.
 - **Please plan to have your son at practices that occur on both Labor Day weekend & Fall Break weekend (Friday 10/3 day off school ahead of our invitationals on Saturday 10/4).**
 - **Daily practice times for each level can be obtained by checking the [Google calendar found on the New Trier Cross Country website](#) while meets can be found at trevianschedule.org** (when it becomes available in the spring/summer).
- Cross Country is a no-cut sport, which allows all athletes to participate, regardless of their ability level or athletic background. With that being said, we are an interscholastic sports team, not a club. Our program requires your son to fully commit himself to the process of developing habits that will enable him to grow as an individual. Absences should occur rarely, if ever. Please schedule appointments, college visits, tutoring, etc. around our practice times and meet schedule.
- **Preseason Fitness:** Athletes should arrive to the season with a moderate level of fitness. *It is our expectation that sophomores through seniors should be averaging at least 30 – 40 minutes of running 5 times per week during the summer.* Starting the season in poor shape puts your son at risk of avoidable injuries, something the coaching staff works very diligently to prevent.
 - When this becomes available in February, **I strongly encourage signing your son up for the summer school cross country program.** The plans for summer school 2025 are still being set, however at the time of writing (11/24/24), summer XC will start Monday June 9th and run for 5 weeks with a day off for the Juneteenth Holiday on 6/19 & a week "off" for the 4th of July.
 - **So, the tentative dates for summer XC are June 9th-28th & July 7th-19th (with the possibility of 1 final practice on Monday 7/21, too).**
 - **Novice athletes** will meet M-Th 6:30-8AM. There will be the occasional earlier start times for athletes on certain days to get all workout elements completed.
 - **Advanced athletes** will meet **6:30-8:45 A.M.** (M-Th + Saturday long runs meets 7-11AM). Divided up into running days and strength days (specific dates for both are below):
 - **Running days:** 6/9, 6/10*, 6/12, 6/14, 6/16, 6/18 (Wed), 6/21, 6/23, 6/24*, 6/26, 6/28, 7/7, 7/10, 7/12, 7/14, 7/17, 7/19, 7/21, 7/22*, 7/24

- **Strength days:** 6/10 (**also a run contact day*), 6/17, 6/24 (**also a run contact day*), 7/8, 7/15, 7/22 (**also a run contact day*)
- Our summer camp will aid your son in learning the Trevian way of training. This means he will develop his aerobic foundation while gaining strength and flexibility for a successful season this fall. I know that athletes will meet on their own for Fridays and Saturdays this summer to work out together.
- **For the 2nd consecutive year in 2025**, the New Trier's XC programs will be jointly offering a 3-week summer Jr High training camp in June (Monday-Thursday 6/9-6/26, again with a day off for the Juneteenth Holiday on 6/19). When registration opens through the NT Athletic department, please sign-up your rising 6th-8th grader and tell his or her friends! It's going to be AWESOME!!!
- **Behavior:** Again, athletes will be asked to buy-in, work hard, and get better. Athletes will also be expected to follow all team policies established by the head coach and respective level coaches, as well as strive to do their best during each workout session and meet. Negative behavior or attitude, poor effort, or walking will not be tolerated.
- **Post workout:** After each workout, all athletes are expected to do our stretching routine and core exercises together as well as give a fist bump or handshake to your son's coach before departing. The latter request is vital as it allows coaches to make sure all athletes have safely returned to campus following their workout.
- **Meet participation:** Athletes are expected to participate in every meet for which they are eligible (including Fall Break weekend, which sees us have a the day off school on Friday 10/3, the day after Yom Kippur, but the day before all of our athletes compete in an invitational)
 - In 2025, there will be a minimum of ten (10) competitions for all athletes.
 - For juniors and seniors, missing two (2) meets will result in the removal of the KW exemption privilege. For all athletes, three (3) missed meets will result in dismissal from the team.
- **KW Exemption for Junior & Seniors is a privilege not a right.**
 - Poor attendance (in the past or in the current season), attitude, or effort will result in a loss of this privilege.
 - *Additionally, late arrival to the season or excessive absences (including for college trips) will result in delayed release from KW or not being released at all.*
- In terms of items for practice your son will need each day:
 - A new pair of **proper fitting running shoes** specifically for practice only. I strongly encourage taking your son to a running specific store, such as Dick Pond in Park Ridge or Road Runner in Wilmette. Selection of a shoe should be based on what is best for your son's foot. Trying on multiple brands is beneficial for comfort and fit.
 - **Sports watch** – GPS is helpful, but a Timex Ironman works great, too.
 - A **good nutritious snack & personal labeled water bottle** for after his workout will also enable your son to start refueling immediately after his workout.

Our coaching staff recognizes that these requests may ask the athletes to make some difficult choices. However, the team camaraderie and resolve in difficult situations will only be strengthened when each athlete makes consistent effort, commitment and determination in our pursuit of excellence in everything that we do. We appreciate your respect and support of these policies.

I expect the 2025 season to be a fun season for both athletes and coaches alike. A TENTATIVE copy of our schedule can be found on our webpage and an OFFICIAL copy of the schedule will be located on trevianschedule.org later in the spring/summer of 2025, so you can start making plans to attend meets, the sports information meeting and end of season banquet. I look forward to seeing you this fall. Should you have any questions, please do not hesitate to give me a call at: 847-784-7636.

Onward Trevians!!!,

MATTHEW D. SLOAN

Head Coach Men's Cross Country, New Trier High School

Updated 11/24/2024