

# HARRISBURG CROSS COUNTRY 2019

**SPECIAL WELCOME TO ALL 5<sup>TH</sup> GRADERS  
BECOMING 6<sup>TH</sup> GRADERS IN THE FALL!**

## COACHES

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Feel free to contact me anytime with questions or if you want to get started!

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## **SIGN-UP**

Go to our Website: [harrisburgcrosscountry.shutterfly.com](http://harrisburgcrosscountry.shutterfly.com)  
Password: CC

Use the link to the Google form to sign-up on the website so we can contact you for runs, activities, and practice updates and know who is planning to run this fall.

Or carefully type in the link below.

<https://docs.google.com/forms/d/e/1FAIpQLSdZVRYtV4jIG3N-Mb9OpsbMMn5Rcm2fqXwdvV3mvr8Pvb9YZw/viewform>

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## OUR PROGRAM

We pride ourselves on running a successful program open to anyone who wants to participate and become a more fit athlete. We try to create a fun and competitive environment that emphasizes the team aspect of the sport. This approach has led to the success of our program but also creates a life long love and appreciation for running.

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## IMPORTANT STUFF FOR SUMMER

1. **Summer Running Plan** – Month by month uploaded on [harrisburgcrosscountry.shutterfly.com](http://harrisburgcrosscountry.shutterfly.com) Password: CC
  - a. Check the site regularly for updates and to follow our training plans!!!! Our success in the fall depends upon your work in the summer. **Do this!**

2. Team/group running – I strongly encourage getting together as a team to run this summer. We will be contacting you via text as well as posting on the website for meeting times and places! One HS group will be meeting at 7:30 pm in SF or Harrisburg (location TBD via group message).
    - a. Summer Workouts are posted on the right column of the website on a spreadsheet. High mileage group for experienced runners, lower mileage group of younger runners.
    - b. If you can gather people together, send out a message and meet up! Even if it isn't everyday, running together is a great motivator!
  3. Fall Sports Meeting is Sunday, August 11<sup>th</sup> at 6:30 in the PAC for 9<sup>th</sup>-12<sup>th</sup> Graders in Cross Country. Monday, August 19<sup>th</sup> for 6<sup>th</sup>-8<sup>th</sup> Graders at NMS PAC.
    - a. For MS Athletes planning to train up at the HS, please attend the meeting on the 11<sup>th</sup>.
    - b. Our team fundraiser and team clothing store – including free gear incentives! – will be discussed at the fall meetings.
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### **IMPORTANT STUFF FOR FALL**

1. You must have a physical on file with the school before practice begins.
2. Concussion testing: All athletes who will be 7<sup>th</sup> and 10<sup>th</sup> graders must have completed the concussion testing with the school district prior to the 1<sup>st</sup> practice.
3. HS/Varsity FIRST PRACTICE: Thursday, August 15<sup>th</sup> for incoming 9-12<sup>th</sup> grade students and those MS athletes invited to run at the HS.
4. MS FIRST PRACTICE: Thursday, August 22<sup>nd</sup> will be the first day for the majority of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders (first day of school). If you are interested in starting early and are not contacted, please contact me!
5. Website – weekly workouts posted, pictures from meets shared, weekly meet updates posted here. If you are unsure of anything during the season, check here first!
6. Race length is 5k for Varsity, 4k for JV, 2 or 3k for most MS meets.
7. Once school starts, we will transport MS kids via shuttle bus to the HS one day per week and practice as a full team, all other days will be held at athletes' home school.
8. Normally done about 5:00 for pickup as a general rule.
9. Detailed practice schedule and times and more will be available at the end of the summer Fall Sports Meeting at HHS on SUNDAY, AUGUST 5<sup>th</sup> for ALL 9-12 and Varsity RUNNERS, Monday, August 11<sup>th</sup> for 6-8.

**ANY QUESTIONS? FEEL FREE TO CONTACT ME ANYTIME AND  
I LOOK FORWARD TO BUILDING FUTURE CHAMPIONS!**

**– Matt Genrich**