

# ***HIGH SCHOOL CROSS COUNTRY***

***AND***

# ***MIDDLE SCHOOL CROSS COUNTRY***

Once again, the EJSHS team will have a 7<sup>th</sup> & 8<sup>th</sup> grade team, along with the 9-12 High School program. \*7<sup>th</sup> grade race distance will be 1 or 2 miles, depending on host school, 8<sup>th</sup> grade will be 2 miles

\*High school girls run a 5K

\*High school boys run a 5K

\*Both MS & HS squads are scheduled to have their first meets of 2020 at the Concordia Invite on September 3<sup>rd</sup>. School start delays will impact the 2020 schedule, at this point everything is tentative.

It's time to start thinking like runners and start getting some mileage daily; there isn't a whole lot of time left before practices officially begin, and just a few weeks before our first meet. I wanted to pass on a list of things to get in line and consider as the season approaches:

\***PHYSICAL EXAM**--*Make sure you plan to get a current physical exam and get the form turned in to the office or to me before our first practice, which will be August 17<sup>th</sup> at the earliest. Remember, you can't practice with the team until you have this done and on file at the high school. This would include the midnight run.*

\***MILEAGE/MINUTES**--*The more daily mileage or minutes running you can log before the season starts will give you a jump start on others who are not running. Finding a running partner will help push both of you to prepare. Ease into it...1 or 2 or even in some cases 3 miles/day or 10-20 min/day or so is a good start for middle school, 2-4 miles a day is good for high school, taking 1 day of rest/week. Don't overdo what your body is ready for, though. Adjust for your age and experience. If you're unsure, please feel free to call or email me. If you have any health concerns, get your physical first.*

\***HYDRATION & HEAT**--*Start hydrating properly to avoid dehydration, illness, and fatigue. Plenty of water, less (or no) pop, etc. Drink water primarily, but drinking a little Gatorade (or equivalent drink) will help to replace electrolytes lost in your run. Do your daily run in the cooler morning hours while you can (before 9:00 when the heat of the day hasn't kicked in).*

\***NUTRITION**--*Think about good nutrition as well...how well do you pay attention to what you eat?*

\***HEALTH**--*Listen to your body and take care of it. Our season is short with little time to heal. Proper running form is important as well: straight posture, not hunched over.*

\***SHOES**--*Have you invested in a good pair of running shoes yet? Different styles fit differently. There are many types and brands, go to a shoe store and find a pair that you'll be comfortable with. (you don't necessarily have to buy from that store...find a shoe that you like, then you can shop around and online for the best price if you'd like). Do a little research, read some reviews, etc. If it's your first season, you don't need to break the bank, just pick a style that will allow you to log 30+ miles per week (H.S.). (Buying last year's "models" is another great way to save a few bucks and still get a quality shoe!) Give me a call if you have any concerns as you shop.*

One of the great pluses of being involved in Cross Country is that no one sits on the bench! Every week, there is an opportunity for someone to move up to the varsity team based on performance. Varsity, JV, & Middle School all travel together to each meet and support each other in each of their races! If you know of anyone interested in joining the team, encourage them to give Cross Country a try!

The regular after school practices will be pending a final schedule set by the state and by KSHSAA. At this point, practices for everyone is scheduled to begin on Aug 17<sup>th</sup> at 3:30 weather permitting (remember, this is a team sport, we run together). Practices may be in the mornings or evenings if there is excessive heat, or we will try to use the city pool when possible and if available. At some point in the first days of the season, the Independent Reporter will be at EHS for a preseason team picture.

If you have any questions or concerns, please call me at school (472-4471), or email me at [ecoonrod@usd327.org](mailto:ecoonrod@usd327.org). As always, I'm looking forward to the start of a great season!

*Coach Eric Coonrod*

Dates and times below are tentative at this point, and subject to change

<b><u>CROSS COUNTRY FALL 2020</u></b>				
<b><u>DATE</u></b>	<b><u>MEET</u></b>	<b><u>LOCATION</u></b>	<b><u>DAY</u></b>	<b><u>TIME</u></b>
SEPT. 3	CONCORDIA-MS & HS	THERE	THURSDAY	4:15 PM
SEPT. 8	SACRED HEART-SALINA-MS Only	BILL BURKE	TUESDAY	4:30 PM
SEPT. 10	HESSTON-HS Only	THERE	THURSDAY	3:30 PM
SEPT. 17	STAFFORD/ST JOHN-MS & HS	THERE	THURSDAY	4:00 PM
SEPT. 22	SES-MS & HS	THERE	TUESDAY	3:45 PM
SEPT. 29	LYONS-MS & HS	THERE	TUESDAY	4:00 PM
<b>OCT. 6</b>	<b>ELLSWORTH-MS &amp; HS</b>	<b>HERE</b>	<b>TUESDAY</b>	<b>3:00 PM</b>
OCT. 8	LEAGUE-MS Only	MINNEAPOLIS	THURSDAY	4:30 PM
OCT. 15	LEAGUE-HS Only	DOWNS	THURSDAY	4:00 PM
OCT. 24	REGIONALS-HS Only	TBA	SATURDAY	TBA
OCT. 31	STATE @ TBA	TBA	SATURDAY	TBA

### **OTHER REMINDERS:**

All team members will be viewing a video training on "Concussion & Head Injury Prevention", which is part of a mandatory training done state-wide. We'll do this during the first days of the season.

The 7<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup> graders, plus new students, will need to take the concussion baseline test. If possible, we need to arrange to get those done after school or during the first few days of practice. Call or email me or Mr. Davis to arrange that.