

Dear Incoming Freshmen for Fall 2010,

5/14/2010

Thanks for considering Cross Country for your fall sport here at Holy Family!! I am looking forward to meeting with you and beginning our training for the successful campaign this fall!!

If you are new to Cross Country it is *distance running*. Our training is focused in on making you the fastest distance runner you can be and we use a variety of methods for that: we do long runs, speedwork, pool workouts, plyometrics, etc. to work on your physical abilities as well as goal setting techniques, motivation, team work tactics to address the mental side of the sport. This is a co-ed sport, all of our races are a 5K (3.1 miles) and we run in some of the most scenic places in the state.

I write to give a few reminders about the summer program:

- 1) Start running **NOW!!** The earlier you begin , the easier it will be for you in the fall. I've enclosed a few recommendations for where and how to begin but basically try to slowly work up to running 4-5 miles consecutively by mid July if you are a novice. If you have already done some running & racing, improve your base so you can go about 8 miles by mid Aug.
- 2) Sign up for the Cross Country Camp – Aug 2,3,4 from 8 am to 12 pm here at school. The form is enclosed. We'll do some team runs, have some competitions, learn about diet, weights and go over the fall schedule. It's a blast!!! Just mail the enclosed form back to HF to my attention me with the check and you're registered!
- 3) We'll meet as a team just for fun throughout the summer to run together. The schedule is also attached. If you are around and want to meet some of the other incoming freshmen as well as some of the returning runners – please join us!! We'll go easy on you for your fist time ☺



Finally, I like to suggest to new 9<sup>th</sup> graders the benefits of joining Cross Country!! **Here's why you really should run:**

- 1) We had **65 kids** on the team last year and probably about the same again this fall – the biggest team in the Metro League. You'll begin school knowing all of them and be able to start school with 64 new pals!!
- 2) You will be in the **best shape of your life!!** I guarantee Cross Country will allow you to strengthen your core, abs, legs and improve your aerobic capacity better than any other fall sport.
- 3) **Planning to play Hoops this winter?** Cross Country has been proven to be the best way to tune up for the sport! Your Basketball coaches will notice your speed, endurance and quickness!!
- 4) **Got Brains?** The Cross country team consistently has one of the highest cumulative GPA of any team sport in the building. I'm not saying running will make you smart ... just that you'll probably be hanging out with some of the smartest kids in the building ... who also run! The same dedication and discipline required for success on the field often translates to the classroom!!
- 5) **JOIN A WINNER!!** Last few years the HF Cross Country Teams have either won or challenged for the League & Regional's on BOTH Boys and Girls side! We aim to do it again this year!!
- 6) **This is a sport you can do your whole life!!** Begin a fitness program that will help keep you fit the rest of your life!!

There are a million more reasons to run.... Come and find out!!!

Our first informal run will be :

**Tuesday June 8 at 9am at Holy Family!!**

**We'll meet near the front door!!**

Hope to see you there!!

Peace,  
Mr. Good  
Head Coach – Boys & Girls Cross Country

