

Linfield XC Middle School (Preseason) Summer Practice Schedule

Contact Info Coach Rachel Richards: channelfocused@gmail.com

Where: The tree at the middle school nearest the basketball courts.

Practices: Tuesdays and Thursdays from 8-9 a.m. starting July 15th

NO practice on 7/25 (vacation)

Saturday Hill intro training on July 13th and 20th from 8-9 a.m.

Tips:

Water app install (water tracker) if student has a cell phone.

Avoid sugary drinks in season they lead to soreness and cramping.

Bring to practice:

Wear running shoes and light clothing as well as light colors, always bring a water and a small recovery snack. Please be sure and come to practice on time and eat a light breakfast before hand. Bobo's bites, a tangerine, a ½ a banana, a small bowl of oatmeal, peanut butter toast, are all great fuel without bogging you down or making you sick during the practice.

Need parent helpers for season for:

EZ up transport to meets

Transport students to meet (be sure and clear driving with office and complete the driver approval process to transport other students if you can help us get kids to meets)

Fruit- sliced apples, cuties and grapes. Kids love pomegranate too!

Water- spring water is best

End of Season Party- water balloons, pizza and cookies.

Helping at Meet- help me record split times and starting line duties, tear down and set up teams.

Running off campus with students (preseason and in season)

We will elect team captains for the season based on leadership and effort applied in pre-season.

Meet schedule is not yet determined but I will communicate once we decide with Athletics how many meets we can enter and which ones we would like to compete in. I always try for MT. sac so if your family has a chance to run this or if we can run this in preseason once that would be great, it is a difficult course we will train specifically for.

Your kids will be running their fastest two mile, and in order to run short and fast you must learn to run slow and long....so please have them logging miles on our off days as this will only help them. I will have prizes for independent training and cross conditioning. We will be blessed by assistant coach Julie Russell (personal trainer for youth and adults) in our season as well!