Dear Parents,

 I have the privilege of being the cross country coach at Calvary for next season. My goal for next season is to begin the building process of getting Calvary into position to be an elite distance running team that completes not only for Area 1-A Private Championships, but for State Championships as well. We have a lot of work to do in order to get to that level.

 There are no short cuts or easy ways to long distance running excellence. This sport is part of a group of several sports where being good, great or excellent takes plain and simple hard work. Though reaching the highest levels does take some talent combined with a lot of hard work, everyone can benefit from being on this team. This is a sport where anyone on any level can compete and potentially contribute to the team.

 We will accommodate athletes who play other fall sports. We welcome any athlete who wishes to play two sports and will adapt our workouts and training according to that sport so that the athlete has a chance to personally excel and benefit both teams. How we accomplish this will be determined on an individual basis. What is expected in the process is that anyone wishing to do this will make every effort to be a reliable teammate. If considering this option, please be aware that the Area and State Cross County Championships are at the end of October and beginning of November respectively.

 Attached to this sheet is a list of the expectations for this coming season. There will be highly suggested summer workouts and social activities. Choosing to participate in the summer workout program will allow the team to start a leg up as the season begins and will make the start to the season much more pleasant because base conditioning will be in place.

 You can contact me at sharris@calvarydayschool.com or at (912) 355-6046.

Coach Steve Harris

Head Cross Country Coach

Philippians 3:12

SUMMER WORKOUT CHECKLIST EXPLANATION AND NOTES

* Return team sign-up form by Wednesday, May 27th to Coach Harris
* Visit and bookmark CalvaryCavs.com and find the cross country team page
* Find links to the summer workouts and entry form for your workouts.
* In any week, feel free to do another activity instead of running on one day, but the substitute activity should get your heart rate up and last as long as the scheduled workout would have taken you.
* Here is how to read a weekly workout. Example: 2-3-3-2T means:
	+ Get in four runs during the week
	+ They follow the easy-hard-easy-hard principle. So:
		- 2 miles easy on the first day
		- 3 miles with some push the second day
		- 3 miles easy the third day
		- 2 miles timing yourself the fourth day (Use the same route each time on this)
	+ The fourth run should be the same every time you do it and you should try to beat your last time. That is what the “T” means. Treat it like a mini-race against yourself. You should be exerting yourself.
	+ Easy means do the mileage at a pace where you can mostly comfortably talk.
	+ Push means you can talk, but in staggered breaths.
* When on vacation, be on vacation. If you miss a week, then start back where you should have been. If you have an incomplete week, start that same week over again when you start back.
* Try to get at least one morning and one afternoon/evening run in each week. Do NOT run in the middle of the day if you can avoid it.
* If you are in town and can get there, please make the “Together Thursdays.”
* Remember summer workouts won’t keep you off the team, but skipping them will make your start to the season less enjoyable.
* Suggested “other” cardio activities include biking, rollerblading, playing soccer or basketball, swimming or anything else that gets your heart rate elevated for the required amount of time.
* Summer running opportunities and races can be found at http://www.fleetfeetsavannah.com/events. A race ALWAYS counts as a hard day and should be followed by days of rest equaling the number of miles raced.

IMPORTANT SUMMER DATES

Summer Workouts……………..…June and July (See Summer Workout Schedule)

First Day of School…………………………..…………………..……...August 12

First Day of Practice (HS)………….……….…………….August 1 (8:00-9:30 am)

First Day of Practice (MS)………………………..……..August 10 (6:00-7:30 pm)

Together Thursdays (9:30 am Thursdays meet at CDS – see below):

* June 4th – Tybee Beach run – swim afterwards
* June 11th – Lake Mayer Park – watermelon afterwards
* June 18th – Skidaway State Park – meet at back trailhead – watermelon afterwards
* June 25th – Tybee bike trail – swim and watermelon
* July 9th – BC trail run – watermelon afterwards
* July 16th – Memorial Bridge run – watermelon afterwards
* July 23rd – New Ebenezer Retreat Center run – watermelon afterwards
* July 30th – Skidaway State Park – cookout afterwards

RUNNER INFORMATION SHEET

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRADE (2015/2016 SCHOOL YEAR): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RUNNER’S EMAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RUNNER’S PHONE NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT PHONE NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT EMAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*PLEASE RETURN RUNNER INFORMATION SHEET BY WEDNESDAY, MAY 27, 2015**