

Welcome Parents and Athletes to the 2011 XC Team:

May 25, 2011

This year's theme is "Preparation is the key to Success!" Training begins today. Do the following:

1) get the right shoes, 2) get a watch 3) get the right clothes and 4) go to cross country camp.

1) **If you need shoes**, *The Inside Track* here in Swatara Square is simply the best place in the area to get running shoes and advice. Coach Henry Klugh and other current/past runners are there to talk to you about shoes and running.

2) **If you don't have a watch, buy one.** You need to be timing your runs and will use a watch in workouts.

3) **If you need clothing**, go to Target/Kohl's/Marshall's/Gabriel Brother's/Dick's etc. and buy 2 moisture wicking shirts, shorts and socks. Buy out of season garments at a huge discount. Start collecting running wear now.

4) **If you would like to go to camp**, Shippensburg University has the best in the area. Coach Vickie Smith has been on staff for 22 years. Camp is July 17 to 21. Information is available at: www.ship.edu/camps.

Summer runs (these are not scheduled practices). It is essential you make a commitment to attend all or some of these sessions. All supervised runs are open to any member of your family. If you don't run, you are welcome to ride a bike, walk, push a stroller, walk the dog, etc. Please come out and get to know our Cross Country Family.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wildwood - North 6:30 pm 3/6/9mi. Loops	Landis Field 5:00 pm Form Running	Old Giant 6:00 pm (not 6/22;7/13;8/6) Mountain Run	Colebrook 6:00 pm Leave from <i>The Inside Track</i> at 5:15 pm	Landis Field 8:30 am Circuits	TBD 9:00 am Fun Runs

Here are a few other important points about our program.

- ★ **NO SUBSTITUTE for base training.** Summer running prepares you for fall training and enables you to peak during the championship phase in October/November. It takes about 10 weeks to train about 30% of the muscle. Add a 12 week season and you still have only trained 60% of the muscle. It is **foolish** to think you can get "in shape" in only 12 weeks.
- ★ **CANNOT do it alone.** Cross country is a team sport and therefore requires everyone to work together and function as a unit. You must get out and run with other member of the team.
- ★ **EVERYBODY is part of our team.** We believe your maturation as a runner involves understanding how your body responds to training/racing. Likewise, your personal maturation involves understanding how you respond to challenges and adversity. Only when you understand both can you truly grow.

Our philosophy remains **quality not quantity**. We make the following distinctions: Novice runners (8th/9th) run around 30-35 miles/ week, 2nd year runners (9th/10th) run about 35-40 miles/week, 3rd year runners (10th/11th) run about 40-45 miles, and 4th year runners (12th) run 45+ miles/week.

Additionally: 1) get into a routine (sleep/run/eat); 2) eat lots of fruit and vegetables, 3) limit dark soda/bleached flour/processed/refined food products and high fructose corn syrup; 4) use olive oil and 5) drink 8-10 glasses of water/day. Studies show that 75% of Americans are chronically dehydrated. Dehydration slows metabolism, clouds memory, and impairs thought processes.

The Harrisburg Mile is Wednesday, July 20. Enter online at: www.harrisburgmile.com.

Don't forget the 5th Annual Cross Country Alumni Run on Friday, August 12, at 6:30pm.

Practice begins: Monday, August 15, 2011 at 8:00am at Central Dauphin High School.

On behalf of all the coaches who help with this program, Rick Leuschner/Vickie Smith/Henry Klugh, we welcome you.

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