

Good Afternoon Guardians,

As many of you already know, I will be taking over the position of head coach for our cross country team this year! I am exceedingly excited to invest in this community and serve to lead this team into an amazing cross country season.

The most important aspect for a successful cross country season is summer training! It is very important for athletes to accomplish this training in order to reach their full potential during the season. Attached to this email you can find the training schedule and calendar for both middle school and high school teams for the months of June to August. This will provide information for the specific volume and type of training that should be done each day. In a separate word document I have also included a detailed explanation of the workouts listed and other important information.

We will begin meeting as a team a week before the official first day of practice which is on August 7th. August 7th and onwards we will then have practice 5 days a week (M-F). My goal is to meet at a variety of locations in the Lone Tree area before school starts to make practice more exciting! I would also love to include some team breakfasts to build fellowship and community! Plus, who doesn't love eating a huge meal after a hard workout.

Shortly, I will send the schedule for the months of September and October after we have secured racing dates.

Thank you so much in advance for your sacrifice to provide this opportunity for the kids to be able to compete on our cross country team. If you have any questions feel free to reach out at any time via email or my cell. ALSO, if you know of any other students interested in joining XC feel free to forward this email to them OR have them reach out to me. Also, if you want to be removed from this email chain let me know! Thanks!

“Cross Country champions in October/November are forged in the hot summer runs of June and July.”

Coach Spykstra | 717.945.3322