

## SVXC 2016

Our season has started. The first couple days have been hot and very humid. We did get outside for limited time. Luckily we had a gym to warm-up. We have all levels of runners and we do our best to personalize their workouts. Most people do not understand the sport of running. So here are a few things that will help you. Water, electrolytes, protein, injury prevention and care, strength training, hard and easy practices, sneakers, spikes, reflective wear, breathable clothing and positive attitude. Yes, sounds like a lot! But we are moving from a jogger to a runner. There is a big difference there. It takes hard work and dedication. I love that the Olympics are now, hope all of you are watching and cheering on the athletes. Think about the commitment, work, discipline and desire! Amazing right? Well, they do that and are enjoying every moment. That is what we want desire, dedication, giving 100% at practice and meets and FUN! This is not a job it is cross country. Some athletes have very high goals like district or state medals. But most want to better their times, run hills better or just completing the 3.1 distance. Whatever your goals are we are here to help and coach you.

- Water- vital minimum 10-12 glasses a day. Dehydration is very dangerous. Hinders performance. Can cause injuries.
- Meals- protein is vital for muscle building and repair. Veggies and fruits. Plus smart eating like breakfast. Do not skip figure out what works whether toast, eggs, bagel, peanut butter. Careful of dairy for morning meets
- Injury- we have great trainers. Communication is key!
- Strength training
- Hard and easy practices! We work
- Sneakers and Spikes- needed talk to coaches
- Clothing- breathable! Plus, we are outside so prepare for hot and cold!!
- Reflective wear! Day or night either be BRIGHT or glow. R U SEEN is a wonderful company in Mohnton and online
- Team. We are a team whether you are first or last. Practices are mandatory. All members are important and must be at meets and practices. Talk with Coaches if issues arise.
- Rules! Swearing, tardy practices, disrespect, school issues.
- GRADES!!!! Stay on top of your classes and grades.
- FUN.....

We are always available! Parents hopefully we can get a good core to help out with food for meets, our Friday meals and our fundraiser! Would love to have parents help organize with this.

Thank you, looking forward to working with your children/athletes this season.

GO SVXC!

Coach Allyson McKechnie