

# **Schuylkill Valley Cross Country 2016**

**It is that time of the year again!!! Getting ready for cross country! It is always exciting to welcome new runners and set new goals for our season! Monday August 15<sup>th</sup> is when mandatory practices started. We will meet here at school. There might be days we travel somewhere to run, but we will use school vans. Your athlete will know ahead of time. Our practices start at 3 and end approximately 5:15. Typically, we end in the school near the training room. Our team communicates thru texts, calls, emails or our facebook page SV XC and track. Our season mainly consists of meets on Tuesdays and some Saturdays! You will get a complete schedule, also found on the schools website.**

**We are a team!!! All levels, some fast and some not!! Some run long miles and some do not. We set your training to your abilities. We have runners that are sprinters in the spring or runners that run the 3200m. Just know that our goal for your athlete is to develop them into a runner, both mentally and physically!! Patience and determination!!! Other things that we work on to attain our goals are core work, strength training and flexibility!!! We do our best and we expect that of our athletes. Communication is key, whether about an injury or having an appointment and will be late for practice. However, look at the schedule! We are a team and we need all runners!**

**Our beach camp did not happen this year due to unforeseen circumstances. Sorry about that and hopefully we can have camp next summer. We are going back to Applebee's Flapjack fundraiser. Coach Kelly is working on that. Look for her email.**

**Friday meals are all about the kids and team bonding. Always need parent support!!**

**Your coaches are Allyson McKechnie (Coach A), 610-823-6279 and Brian Boyer (Coach Monk), 484-599-0875. Jr. Hi coaches are Kelly Kauffman (Coach Kelly), 484 824-3471 and Dan Shuman( Coach Shu), 484-269-6562.**

**SVXC!!!! Excited to Start!!!!**

**Coach A**