



# Bethel Cross Country 2017

To any student interested in running Cross Country

My name is Mark Clute. I'm writing this letter to you to inform you about Cross Country. Cross Country is a sport in which a person is a member of a team, and also an individual in all contests. The sport consists of running for a distance of 2 miles for the students in grades 7 and 8, and the students in grades 9-12 will run a distance of 3.1 miles or 5000 meters.

Cross Country is a sport that requires endurance to be able to compete, and the endurance you build with running will carry over into any other sport you choose to compete in. In order to build an athlete's endurance, we will be setting up times to run as a group during the summer months.

Summer running will begin on Monday, June 5<sup>th</sup>. We will run Monday thru Friday until official practice starts on Tuesday, August 1, 2017 at 7:00 pm and we will follow the summer schedule for location of practice. You will be able to run at 8:30 in the morning or 7:00 in the evening on any of these days. Please try to make it to as many sessions as possible. Summer running is not mandatory for you to run cross country. It is used as a tool to make you a better runner. Mandatory practice begins on Tuesday Aug 1<sup>st</sup> at 7:00 pm at Charleston Falls preserve. Regular practice will follow the summer running schedule until school has started.

We will run on **Monday** at Taylorsville Metro Park starting at the Ross Rd. entrance.

We will do some kind of core workout after running.

We will run on **Tuesday** at Charleston Fall on Ross road.

We will run on **Wednesday** at Taylorsville Metro Park starting at the Ross Rd. entrance.

We will do some kind of core workout after running.

We will run on **Thursday** at Charleston Fall on Ross Rd.

We will run on **Friday** at Taylorsville Metro Park starting at the Ross Rd. entrance.

We will do some kind of core workout after running.

Road races are not recommended during the summer because we will be racing every Saturday from August to October, but one race a month would be a good hard workout.

Student will need to have a physical done before the first day of official practice and all school forms filled out. Also, the school has instituted a participation fee for all activities. For a varsity sport, the fee is \$200, and for a Middle School sport, the fee is \$100.

If you have any question please feel free to contact me on my Cell 308-1789. Thank you for your interest, and I hope to see you this summer running.

Mark Clute  
Cross Country Coach