



Monument Academy Cross Country 2017



Dear Cross Country Parents and Runners,

I hope you are all enjoying your summer. As the season grows closer, we wanted to send out some pertinent information for you to note.

Our practices will start on **Monday, August 14th**. For the first 2-3 weeks we will practice exclusively on the Santa Fe Trail. We will start and end at the trailhead on **3rd Street**. After the first couple weeks of practice we will start to mix up the location a little bit to give the runners some variety in their workouts. We are considering running at Fox Run Park, Mount Hermann Trail, Toboggan Hill, Dirty Woman Park, and at Palmer Lake. We will give you plenty of notice and will work together to make sure everyone has transportation to practice. While the primary responsibility will fall on your shoulders, we do want to help to ensure no one has to miss practice due to difficulty finding a ride.

We will work out Mondays through Fridays. We will not have organized practices Saturday-Sunday, but we highly encourage the runners to run at least once during those days.

Practices will run from **4:00-5:30 pm**. Please ensure your runner brings a **beach towel** (for conditioning and stretching), plenty of **water** (one small bottle will not be enough), and **running shoes**.

We cannot stress enough the importance of a good pair of running shoes. Please consider taking the time to go down to either Colorado Running Company (5262 N Nevada, Suite 140, Colorado Springs, 80918) or Boulder Running Company (3659 Austin Bluffs Parkway, Colorado Springs, 80918). They will take the time to watch your child run and fit them with shoes that will work well with their individual running style. There is absolutely no obligation to go to these stores, just a friendly suggestion. If you tell them you're from Monument Academy, they should give you a 10-15% discount.

Please accomplish the following **before** the first practice:

- 1) **School Physical** - they are only good for one calendar year
- 2) **\$90 XC payment to MA**
- 3) **Registration paperwork to MA**-this paperwork is available on the MA website.
- 4) **Copy of Driver's License and required paperwork to MA if you will be volunteering to drive our runners to the meets.**

Please have your runner start the following before the first practice:



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- 1) **Start weaning off of sodas.** We would like the runners to stop drinking soda for the duration of the XC season, beginning on August 14th.
- 2) **Start drinking at least 4-6 glasses of water a day.** Most people are aware of the fact that you need to hydrate during and after exercise, but many people do not realize how important it is to be well hydrated beforehand. Not just gulping down a bottle before you go run (that can cause stomach distress), but hydrating the day before and the morning of your workouts.
- 3) **Most importantly---Start Running!** Any running is good, but some suggestions are a slow 15-20 minutes of conversational pace running, or running a short warm up and then doing hills on Toboggan Hill, or going to a track and, after warming up a few laps, doing some 200 or 400 sprints. Please remember to stretch when you are done.

Tentative Schedule

Since the 2015-16 season, we are part of the Central Colorado Athletic League. As part of this league, there is a tentative schedule of meets within the league schools, plus a couple other traditional meets we attend.

Tuesday	8/29	CCAL Peyton (Peyton HS)
Friday	9/1	UCCS Rust Buster (Monument Valley Park, COSP)
Friday	9/8	CCAL Monument Academy (Dirty Woman Park)
Thursday	9/14	CCAL Atlas Prep (Quail Lake, COSP)
Thursday	9/21	CCAL RMCA (Bear Creek Park, COSP)
Tuesday	9/26	Runner's Roost (Chatfield State Park)
Thursday	9/28	CCAL League Championship (hosted by MA at Fox Run Park)
Tuesday	10/3	Kodiak Classic (Colorado Springs School)
Friday	10/13	MA Invitational (Dirty Woman Park, Monument)
Saturday	10/21	Colorado Middle School State Meet (TBD)

If you know of anybody that is not currently signed up for cross-country, but would like to be, please pass along this information and our contact information as well.

If your runner is not able to make it to the first practice, please let us know.

We are looking forward to a great season! Please let us know if you have any questions or concerns. See you on August 14th!

Thank you,

Tom Eller

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