



Monument Academy Cross Country 2018



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 13th**. For the first 1-2 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.

Our workouts will be daily, **Monday-Friday**, from **4:00-5:30pm**. We will not have organized practices on Saturday or Sunday, but we highly encourage runners to run at least once during those days. 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**-Registration is now done online, beginning Aug 1st at <https://www.familyid.com/programs/monument-academy-ccal-athletic-registration-early-fall-2018-2019-school-year> .
4. **Copy of Driver's License and required paperwork to MA if you will be volunteering to drive our runners to the meets.**



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

1. **Stop drinking soda.** We would like the runners to eliminate soda and high sugar beverages for the duration of the XC season.
2. **Maintain hydration.** Hydrating during and after exercise is important, but many people do not realize how beneficial it is to be well hydrated *before* running. Not by gulping down a bottle right before you run (which can cause stomach distress) but by hydrating the day before and the morning of your workouts. Daily hydration for the entirety of the season is crucial to your health & performance. A general rule of thumb is **half your weight in ounces per day**.
3. **Most importantly---start running!** Any running is good, but here are some suggestions that will help you start your season off well:
 - Run a slow 15-20 minutes of conversational pace running
 - Run a short warm up and then run hills (Toboggan Hill, for example)
 - Go to a track, warm up a few laps, then run 200m or 400m sprints.

Tentative Schedule

We are part of the Central Colorado Athletic League (CCAL). As part of this league, there is a tentative schedule of meets within the league schools, plus a couple other traditional meets we attend (*pending meets in italics*).

Thursday	8/30	CCAL Peyton (Peyton HS)
Friday	9/7	CCAL Monument Academy (Palmer Lake)
Thursday	9/13	CCAL RMCA (Bear Creek Park, COSP)
Friday	9/21	CCAL Banning Lewis (BLRA Elementary, COSP)
Tuesday	9/25	Runner's Roost (Chatfield State Park)
Thursday	9/27	CCAL League Championship (hosted by MA at Fox Run Park)
<i>Monday</i>	<i>10/1</i>	<i>Claim the Rock (Glendale Open Space Park)</i>
Thursday	10/4	Kodiak Classic (Colorado Springs School)
<i>Saturday</i>	<i>10/6</i>	<i>Holmes Invitational (Holmes MS)</i>
Friday	10/12	MA Invitational (Dirty Woman Park, Monument)
Saturday	10/20	Colorado Middle School State Meet (D'Evelyn HS)

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 13th!

Thank you,

Coach (Tom) Eller
teller1210@gmail.com
719-244-5936