

2014 Field Cross Country Parent Letter

We are so glad to have your child on the 2014 Field Cross Country team! Field has had a great tradition of running excellence and this year we look to continue that. We have a great schedule set up for the runners this year. Some meets will cater to all runners while others will be set up for Varsity only. While sometimes it may not be possible, we will do our best to notify both you and your runner which events they will be participating in at least a week in advance. The following are some guidelines, helpful hints and scheduling items that will be helpful for us all. We look forward to seeing you out on the course this fall!

Regards,

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Practice:

Practice is everyday from 3PM to about 5PM depending on the day's workout.

Practice is rain or shine

Meets:

Meets during the week will always start at 4:30pm unless otherwise noted

Uniforms:

Your child has a choice for uniforms. We have Nike uniform tops for sale or we also have uniform tops that the school issues but must be returned. If lost, there is a \$60 fee due at the end of the season for the school-issued uniforms. These uniforms should only be worn during races and preferably be cleaned after each run. Team, navy blue, shorts **MUST** be worn during the races. These can be purchased from Jesse or the Athletic Office.

Varsity vs. Junior Varsity

While the team will always practice together, some *optional* meets (those on weekends) are Varsity only. Varsity is constituted by the top seven on each team (Boys and Girls). Varsity is not set in stone and is in fact extremely malleable. Runners will be notified of whether they are eligible to compete in weekend meets the week prior.

Equipment:

Good shoes are essential. They should be bought at a specialty running store like Georgetown Running Company, Pacers, Fleet Feet, Potomac River Running, etc. These stores will not only have more knowledgeable staff, but they also give a 15% discount to our athletes. While good shoes can be expensive, they are far cheaper than doctor visits caused by wearing the wrong shoe. (We are speaking from experience)

Runners should also dress appropriately for the weather. It does get colder later in the season which means arms and legs should be covered. While cotton is OK, advances in workout wear (Nike Dri-Fit for example) significantly increase comfort.

Athletic.net: Provides season statistics and time improvement and you can see how your athlete fares against the rest of the league, District, and country!

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