



Summer 2022

Hello runners!

The cross-country team will start pre-season activities on Tuesday, August 23, 2022. We will introduce ourselves, then warm up. Then we'll run some, which will vary depending on how much you've been running over the past weeks and months. After running we'll do some core exercises as a team – planks and such – and call it a day. Our first meet is scheduled for September 7th, and we will want to gradually ramp up to the point where we are ready to run a 3.1-mile race on that date.

The expectation on any varsity team is that all members will make team practices, meets, and events their top priority. Work and/or Co-op, other school clubs, etc. are not an excuse to miss a practice or a race. On race days all team members who are healthy will be running in the meet. There is no limit to the number of people who are allowed to run.

The physical exam that you are required to submit to the school nurse will allow you to compete for thirteen months from the date of the appointment. Please schedule a physical if yours expires before or during the season, which ends in the first or second week of November. The permission form signed by your parent/guardian is also required before athletes are allowed to participate – **YOU MUST COMPLETE THE ONLINE REGISTRATION, THE CONCUSSION TEST AND SUBMIT A RECENT PHYSICAL ASAP!**

On the first day of practice, we will meet outside the main entrance to the school building. Please be there, dressed for exercise, with a full water bottle and anything else you feel you need, ready to start practice at 10:00. Our practice schedule for that week is Tuesday, Wednesday, and Thursday from 10:00 to 11:30. After Tuesday's practice we will meet on the track.

If you have any questions or concerns, please feel free to email me at jskogstrom@minuteman.org. I look forward to working with you all in the fall!

Sincerely,

John Skogstrom

Cross Country Coach

Math Teacher