

De La Salle Cross Country



Dear Spartan Class of 2023,

Congratulations on being accepted to join us at De La Salle High School. I would like to take this opportunity to invite you to take part in a very special athletic program at De La Salle High School: the DE LA SALLE CROSS COUNTRY TEAM. The Cross Country Program is one of the most successful at De La Salle High School. We have won 2 state championships, 18 NCS championships, 29 league championships, and multiple individuals have qualified for the national championship.

Members of the team are already preparing for our racing season next fall. Our races vary from two to three miles and vary in difficulty depending on the course. The freshmen racing season lasts from the end of August to the beginning of November, and does not interfere with any DLS Winter sports. In fact, Cross Country is one of the best forms of conditioning for Winter sports. You may not see yourself as a runner, but many of our most successful runners felt exactly the same. If you want to get fit and you want to compete, give it a try!

There are no cuts for freshmen on the Cross Country team, and there is a wide range of experience in distance running among athletes on the team. Last season we had young runners, freshmen and sophomores, who were once-again significant contributors to our team's success.

Finally, if you choose to run, you will make friends in Cross Country that will last the rest of your life.

EVERYONE IS A STARTER! THERE ARE NO BENCH WARMERS IN CROSS COUNTRY!

If you have questions, or want to get started right away, email me at pelsterj@dlshs.org. We meet to run three times per week during summer. I can't wait to hear from you.

Sincerely,

Coach Pelster '87