

Dear Knights and Cubs,

I'm writing to you today about the upcoming cross country season. As some of you may already know, cross country is the sport of running over natural terrain. As experienced runners can tell you, racing is exhilarating, and you'll feel an incredible sense of accomplishment each time you cross the finish line. Cross country is also one of the most popular fall sports in California; big meets can attract literally thousands of kids from schools across the state.

Here are the highlights of our program:

- Cross country is a co-ed sport at Convent and Stuart Hall, so the boys and girls practice and compete with each other every day.
- We have a big team – more than 60 athletes last year, and likely a few more this year. It's a great way to meet new people.
- Cross country has no cuts. We welcome all athletes, no experience required.
- We travel to some great meets, including the Mt. SAC Invitational in Los Angeles (with a stop at Magic Mountain on our way home).
- We've had lots of success in the past – for instance, we've been represented at the state championship in twelve of the past thirteen seasons. The Cubs and Knights both raced at the state championship in 2019.
- We have a great coaching staff with four long-standing members and several volunteers, so you'll get lots of personal attention.

Here's what to expect:

- We practice or compete five to six days per week, like other high school sports.
- Our practices run for about two hours.
- In high school, races range from two to three miles or so in distance. That may sound like a long way, but we'll get you more than ready.
- We practice mostly at the Marina Green and in Golden Gate Park or the Presidio.
- You'll need just one piece of basic equipment – running shoes.
- You can get started right away with our **summer program**, which begins on Monday, June 15. Check out the flier included with this letter. We'll be running, lifting weights, and playing ultimate frisbee, freeze tag, and touch football.
- The summer program ends with **preseason camp** the week of Monday, July 27.

Our team works hard, but we also have fun. We explore interesting places in the city, and we enjoy each other's company. Moreover, we guarantee that you will be in the best shape of your life at the end of the season.

If you're interested, contact me at 415-235-0120 or michael.buckley@sacredsfs.org. I look forward to welcoming many of you to our team!

Sincerely,



Mike Buckley
Convent & Stuart Hall Cross Country

CONVENT & STUART HALL CROSS COUNTRY

Summer Program 2020

Many of you have busy summers. However, when you are in town, come to summer practices. The commitment is light – just three days each week for an hour or so. Also, please plan to be in town and available during PRESEASON CAMP, which begins Monday, July 27 and runs through Friday, July 31.

Coaches' contact information

Coach Buckley	Coach Wong
(415) 235-0120	(415) 290-2927
michael.buckley@sacredsfs.org	wongkevins@gmail.com

Instateam

Like the other teams at Convent and Stuart Hall, we use the online platform known as Instateam as a support for scheduling and logistics. While we will communicate with team members and their parents directly, it's helpful to have Instateam as another way to communicate and to find important information. You can download Instateam to your smartphone through your app store, or you can access it online through a web browser at www.instateam.net. When you've created an account, choose the tab labeled "+ Join Team" and enter the team code "DEP7S9" and the location "Convent and Stuart Hall." You'll have access to the dates of all practices and meets as well as a secure means of reaching out to teammates, parents, and coaches.

Basic information for summer workouts

Location

Summer program practices meet at Stuart Hall or at 8th Ave and John F. Kennedy Dr, just inside Golden Gate Park. **Workouts begin promptly at 8:00 AM!**

Typical workouts

- Ultimate Frisbee
- Touch football
- Weight training or circuits
- Steady running

Preseason camp

Our preseason camp runs from Monday, July 27 to Friday, July 31! We'll workout, do some important psychological and skills training, and be done early each day.

Dates and times

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
June 15 Stuart Hall 8:00 AM	June 16	June 17 Stuart Hall 8:00 AM	June 18	June 19 8th and JFK (Golden Gate Park) 8:00 AM	4 total runs, 3 in practice, 1 on your own
June 22 Stuart Hall 8:00 AM	June 23	June 24 Stuart Hall 8:00 AM	June 25	June 26 8th and JFK (Golden Gate Park) 8:00 AM	4 total runs, 3 in practice, 1 on your own
June 29 Stuart Hall 8:00 AM	June 30	July 1 Stuart Hall 8:00 AM	July 2 8th and JFK (Golden Gate Park) 8:00 AM	July 3	5 total runs, 3 in practice, 2 on your own
July 6 Stuart Hall 8:00 AM	July 7	July 8 Stuart Hall 8:00 AM	July 9	July 10 8th and JFK (Golden Gate Park) 8:00 AM	5 total runs, 3 in practice, 2 on your own
July 13 Stuart Hall 8:00 AM	July 14	July 15 Stuart Hall 8:00 AM	July 16	July 17 8th and JFK (Golden Gate Park) 8:00 AM	5 total runs, 3 in practice, 2 on your own
July 20 Stuart Hall 8:00 AM	July 21	July 22 Stuart Hall 8:00 AM	July 23	July 24 8th and JFK (Golden Gate Park) 8:00 AM	6 total runs, 3 in practice, 3 on your own
July 27-31 Preseason camp!					6 total runs, 5 at camp, and 1 on your own
Aug. 3 Stuart Hall 8:00 AM	Aug. 4	Aug. 5 Stuart Hall 8:00 AM	Aug. 6	Aug. 7 8th and JFK (Golden Gate Park) 8:00 AM	6 total runs, 3 in practice, 6 on your own
Aug. 10-15 First week of regular-season practice					6 total runs, all in practice