

Dear SSA Girls Cross-County,

This is just a short e-mail to let you plan for cross country preseason and ultimately, the fall season. We will start practice on Monday, August 16th at 9:30 a.m., and we will finish by 11:30 a.m. We will meet in front of Curry Gym on the SSA campus in Fox Chapel, then head out onto the course for our workout (THIS IS A CHANGE FROM PREVIOUS YEARS). We will keep to that schedule for the rest of that week and the beginning of the next. Faculty meetings usually start that second week of preseason, requiring our practices to shift to afternoons. I will know more as the school calendar becomes more clear over the summer. Completed health forms are required to participate in preseason workouts, so please make sure you take care of that sometime between now and August 16th. Download the forms from the school's website, or call the Athletic Department (phone number is on the webpage) to get the necessary forms.

Come to preseason. The workouts will meet you wherever you are in your training, and as your coach I will make sure you have a workout tailored specifically to where you are in your training. Preseason is a time to work on our distance base and develop our identity as a team. Don't miss out on it. Come to preseason to run a bit but more importantly, to make some friends before the school year begins.

Running over the summer only will help your performance in the fall, and offset potential injury. Even if you just run three or four times a week for twenty minutes or so, the benefit later on in the season is enormous. For those of you who want to make a run at a varsity spot and maybe a spot on a WPIAL podium, running four or five times a week and logging some higher mileage (10-20 miles a week) might be a good goal. Feel free to text me or call over the summer to discuss your ambitions, summer training, and/or ask any other questions about the upcoming season.

I am excited that you have chosen SSA Girls' Cross Country as your fall sport! Many who have come before you can and will attest to our being one of the friendliest and most supportive teams at Shady Side, whether they have run at the state championships or were totally novice runners when the season started. I've always maintained, "if you can walk, you can run." I am thrilled you have decided to be a part of something special! Again, please call or text if you have any questions. See you August 16th!

Sincerely,
Head Coach Sue Whitney
SSA Mathematics Department
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