

Dear SSA Boys Cross-County,

This is just a short e-mail to let you plan for the preseason workout schedule. We will start practice on Monday, August 16<sup>th</sup> at 9:30 a.m., and we will finish by 11:30 a.m. We will meet in front of Curry Gym and then head out onto the course for our workout. We will keep to that schedule for the rest of that week and the beginning of the next, and then we will move practice to the afternoon starting on Wednesday the 25<sup>th</sup>. Remember, you must turn in a completed health form to participate in preseason workouts, so please make sure you take care of that sometime between now and August 16<sup>th</sup>. Download the forms from the school's website, or call the Athletic Department to get the necessary forms.

Come to preseason. Even if you haven't run further than the refrigerator all summer, come to preseason. The workouts will meet you wherever 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.

Running over the summer only will help your performance in the fall. We have the corps of a strong team with the returning runners we have this year. Even if you just get out three times a week for twenty minutes or so each time, you will feel better about the coming season, and more importantly, you will be getting yourself in great shape. 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 (15-25 miles a week) might be a good goal. No matter where you are in your ambitions, run for the fun of it over the summer. Yes, you read right: Run for FUN! The time will come in late October when we will feel like retching after doing 400m repeats on the track. The summer is the time when running can be a fun way to work up a sweat and feel great about your conditioning.

So keep having fun this summer, go out for a run, read a good book, and I will see you on August 16<sup>th</sup>!

Sincerely,  
Coach Ejzak