

2022 CROSS COUNTRY SEASON

Welcome to the 2022 cross country season. Although our numbers are low, I'm very happy to start the season and I'm happy to be working with your student athlete. Here are some notes for the upcoming season and some things that will help when we start traveling to meets.

Contacts:

Head Coach: Chris Richards richardsc@turnerusd202.org (913) 288-3387 or (913) 226-9061 (cell)

Asst Coach: Dan Ferguson fergusond@turnerusd202.org

- We have practice Monday-Friday, and we plan to be finished by 4:30 each day.
- All competitions will be run on a 5k (3.1 mile) cross country course. The schedule for the season is attached.
- We will transport your athletes to competitions and bring them back to Turner High School. Your athlete will text as we leave a meet to notify you of pick-up time. Pick up will be at the stadium in front of the high school. If you attend a meet, you may take your child home with you after their competition.
- For Saturday meets we will communicate drop off time and drop off will occur at the stadium in front of the high school. Pick up times will be communicated as we head back to the high school.
- There is a certified trainer assigned to our school for all sports and will be available to see your child if any injuries or soreness occur.
- Practices will consist of distance runs of 3-6 miles using the streets around the high school. We only use routes that have sidewalks and will not be running on the roads. Some practices will occur at Pierson Park. Your athletes will always be monitored and have access to water throughout runs and practices.

- Hydration, nutrition, and sleep are crucial for health and success during the cross-country season. Breakfast, lunch, and dinner are important for athlete health and development. We encourage students to carry a water bottle with them throughout the day and hydrate.
- We will not have organized practices on weekends but it's important for your athletes to do one distance run of at least 3 miles and proper stretching over the weekend to keep their development consistent.
- 90% of our meets do not have an admission fee. If there is a fee, we will communicate this to you. The Twilight Meet in Olathe on 9/10 charges a fee for parking but the meet is free.
- The goal throughout the season is for your athlete to improve their overall fitness level and race times. The coaching staff has developed workouts that will help your athletes accomplish these goals. It is the athlete's responsibility to maintain adequate nutrition and hydration levels as well as sustain focus and bring a positive mindset to each practice and competition.
- We will provide granola/energy bars and fruit for each competition to help maximize energy levels. If you would like to help us out with this, any donations of food would be greatly appreciated. Other helpful snacks are crackers w/ peanut butter, meat sticks/jerky, and cheese sticks. Please email Coach Richards if you would like to contribute.

We thank you and look forward to your support throughout the season and hope to see you at the cross country meets!!