2021 P K Yonge Cross Country Information Guide

Things to consider in preparation for the upcoming season:

1. TRAINING
* There will be no formal training this summer, though:
* Students will be provided suggested workouts (see attached)
* Students may join bi weekly conditioning runs over the summer (Mon & Thurs 5-6:30 pm)
* Runners should be capable of running three miles without stopping when the season begins.
* Tryout date TBA
* Coach Dietrich will be coordinating some fun group runs this summer too, dates and locations will be disclosed via GroupMe (if you would like to join in, your physical must be updated – if you have any questions as to whether or not your physical is up-to-date, please feel free to contact the Athletic Director, Kelly Barrett kbarrett@pky.ufl.edu )\*
1. SHOES:
* At least one pair of shoes designed for running that fit properly.

(May also want an additional pair for races (spikes) though not required)

1. SAFETY
* Contact information must be provided for each student. Please provided two emergency contacts – (email this information to larettdietrich@bellsouth.net)
* Each student will be expected to show respect for coaches and peers. If any inappropriate behavior is observed, it will be noted and reported, and student may lose position on team after two warnings.
* Stay hydrated. Make sure you drink plenty of water. Plan to bring 32 oz. water bottle to practice. Drink water before and after each run.
* Consider wearing sun glasses, hat, sunscreen, and insect repellant when running.
* Don’t overdo it, no more than four/five runs a week.
* Do not run if you have a fever, cough, sore throat, shortness of breath, or have had close contact or cared for someone with COVID-19 (or any related illness)
1. PHYSICALS:
* Each student will need an updated FHSAA Physical and Parental Consent Form for the 2021/2022 school year. (See attached). Up-to-date forms should be on file with the Athletic Director (see above\*) no later than July 26, 2021. *If there is not a completed form on file for a student by this date then they will not be able to run with the team.*
1. COACH CONTACT INFO:
* Larett Dietrich – 352-871-5221
* Kyra Jefferson – 786-205-3731
* TJ Homes – 727-434-0068
* Once we’ve received contact information for all participants we will form a GroupMe to post up-to-date information concerning practice, and meets.

Our first official week of practice starts August 2nd (more information to follow).

Our season practice days will be Monday, Tuesday, and Thursday directly after school 3- 5 pm (no supervision will be provided after 5:00 pm). In addition, Saturday mornings when there is no race (location and time TBA).

Don’t forget running is an individual/team sport. We want each student to have fun with your teammates while doing your personal best!