

PE Option * PE Option

Please be sure that you understand the PE option expectations if planning that cross country may fulfill a PE credit. The handbook identifies 90% participation - not attendance as a requirement. The student handbook is available on the district's website and a copy is distributed to each athlete the first week of practice. Please understand that a parent's signature stating that you understand the policies is required on the forms submitted to begin practicing in August.

Coach Dobson will NOT notify athletes or families who do not fulfill the requirements. However, Coach Dobson will be glad to let the athlete or family know of their status at any time.

HOW MUCH SHOULD I RUN?

One of the keys to success in anything is preparation. It is critical in cross country and that preparation is simply... *putting in the miles.*

However, every athlete needs some guidance to how much? How often? The first year runner must train differently than the 3-time returning varsity runner.

Coach Dobson will put out some guidelines for all athletes to follow as they complete their preparation this summer. It will be posted by May 15th.

Athletes participating in spring sports should take 7-10 days off following their sport and then begin their running.

"Summer miles bring fall smiles."

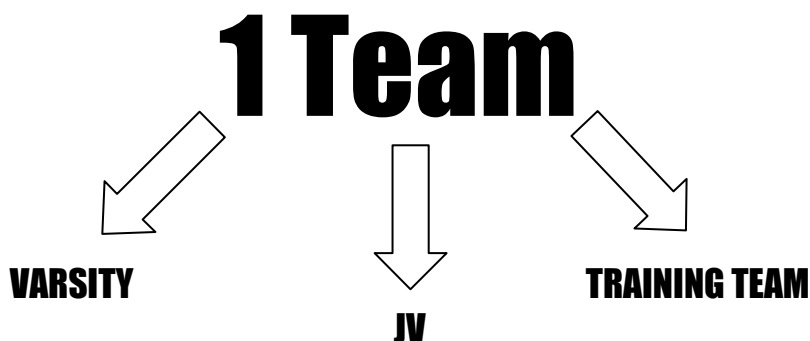
IMPORTANT EXTRAS

WHAT IS NEEDED?

- Forms – available on district and team website
 - a. Physical (**Physicals available on Monday and Tuesday, May 17th and 18th**)
 - b. Emergency Medical
 - c. Eligibility
 - d. Park District
- Pay to Participate – sent home with school fees in fall
- Shoes – visit a running store and get "fit" for shoes. Up and Running by the DLM in Centerville is the closest as well as the #1 Running Store in Dayton. 10% discount for all high school athletes plus REWARDS!
- Watch – a watch on the wrist that has a stopwatch or chronograph feature
- Weights – two 3 lb. dumbbells

THINGS TO THINK THROUGH AND PLAN FOR FROM PAST EXPERIENCES.

- SAT, ACT, PSAT testing
- Homecoming
- Involvement in other clubs, classes, and work
- Driving classes



VARSITY – Top 20 members of the team. Expected to change week to week through time trials or races. Varsity will consist only of returning varsity runners over the summer. The first time trial will be the first week of practice with the Top 20 team members making the first varsity squad of the 2010 season. Runners also running under 22:00 will also be considered Varsity.

JV – Any team member not making Varsity but completing a race under 30:00 or the 2-mile time trial the first week of practice under 18:30. During the tryout week, this athlete must also demonstrate to the coaching staff that they are prepared for JV workouts. If an athlete meets the time requirements but fails to show the coaching staff they are prepared for proper training, that athlete may be asked to complete 3 weeks of base training with the Training Team before returning to JV.

TRAINING TEAM – Team members not completing a race under 30:00 or the 2-mile time trial the first week of practice under 18:30. Athletes not deemed ready for proper training by the coaching staff may also join the Training Team. This team will participate in fewer meets and the training of these athletes will be designed for the needs of the group.