

Welcome to XC Season!

Hello, my name is Coach Steph Howe! Those of you returning Thank you, we are so glad you are back! :) Coach Drolc and I have goals this season for each and every one of you and we can't wait to see all your potential you bring to the team! We will start this season out with base building. We will build up your endurance to help prepare you for your meets. My seasoned runners will concentrate on maintaining their base and improving. Practice will alternate starting at 6:15AM Mon-Fri, or 4:30 P.M. Mon-Fri. We will let your athlete know ahead of time the schedule for the week.

We would be lying to you if we told you the first month of this sport is going to be tough. Building a base and endurance is not easy, but I know you can do it! Watching your improvements at practice and at meets will be very rewarding. One of our goals for this program is to create a good strong base with intense training. This will prepare you for bigger meets and tougher competition. We do expect you to improve your own time at each meet, we will set a goal for the season and give you the tools you need to shatter it! We will do a variety of distance training, speed work, hills, and strength training.

A very important aspect of this sport is that you are staying hydrated...Please bring your own water/water bottle to **EVERY** practice and **EVERY** meet. You will need more than one bottle of water. Please be prepared for any weather at practice and meets. It can be extremely warm or extremely cold. Dress accordingly.

If you are in other sports, please let me know as I will adjust your practices accordingly

Supplies needed:

- Good shoes are very important to preventing injury with all the miles you log during the season: *(Running shoes should be sized up ½ size i.e., if you wear a size 7 shoe you will need a size 7½ running shoe)*
- Bug spray
- Sunscreen
- Water/Water bottles

If you need to get a hold of us for any reason please feel free to call or text, my cell phone is **(406) 939-2586**. Coach Drolc's cell phone is **(701) 567-3427**. Coach Drolc and I are very happy to be coaching you this season!

My Expectations:

- Every athlete is to be at **every** practice unless they have an **excused** absence.
- If you miss more than 2 hours of school unexcused you will not be practicing that day.
- If you miss **2 unexcused** practices, you will **not** be able to compete in the following meet.
- Any **unexcused absence** of a practice the day before a meet may cause you **not** to participate in a meet.
- We will attend meets as a team and will leave them as a team unless I have a written note from your parent to leave with them.
- If you are unable to make a meet, I need to know **ASAP** as our transportation schedule depends on the number of athletes going.
- You will walk the course with your team and be a part of the team during the meet.
- You are not allowed to do road races during the cross-country season. (this is a NDHSA rule)
- We will all encourage each other and treat each other with respect.

- I expect a positive attitude and putting forth your very best effort at every practice and meet.
- You will warm up/stretch with your team at every meet. You will be responsible for warming up before your event.
- All meets on the schedule are listed in Mountain time. **(Times are subject to change due to heat, cold or frost.)**
- We expect you to reach your personal goals throughout the season.

Even though cross country is hard work and training is at a high intensity it can also be very rewarding and fun! My goal is to make it rewarding and fun for all of you! We are very excited to embark upon this journey with Hettinger Scranton Nighthawks XC team! Let this season be the best season yet!

Thank you,

Coach Howe & Coach Drolc

Please sign below stating that you fully understand our expectations for this season:

X

athlete