



Pre-Season Summer Cross-Country Training for Incoming 6th, 7th, and 8th Graders



Designed for both Beginners and Experienced Runners

This program will be designed for beginners as well as experienced junior high cross-country runners. Participants will receive summer coaching designed to improve their cross-country race performances in the fall, regardless of their skill level.

Group Practices for Extra Motivation

Group practices will be held three times per week with days and times to be determined at an introductory orientation meeting with athletes and parents. The training program will be designed to progress as the conditioning of the runner improves over the course of the summer. Early summer workouts will focus on developing endurance and eventually incorporate hill training, low key interval workouts, and discussion of racing strategy in the second half of the program. The Orientation Meeting will be held on Tuesday, May 31st at 7:00 pm at the Cass County Family Y.

Practices will be held at different venues over the summer to avoid the boredom of running the same route every practice. We will utilize the cross-country course at Logansport High School, Huston Park and the trails in the vicinity, Dykeman Golf Course (after the golfers are off the course), and France Park for practices.

Program Awards and Optional Races

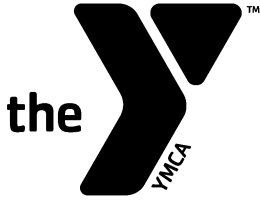
Each participant will be encouraged to set individual goals for the summer and keep a training diary. The opportunity will be available to participate in a road race or two toward the end of summer for those who wish to get a taste of a competitive race (optional). There will be a cookout and recognition program at the end of the summer for athletes and parents to celebrate the accomplishments and progress of the runners.

Coach Morrill

The program will be led by Coach Brian Morrill and other adult volunteers. Coach Morrill is an experienced coach and former runner who led the Logansport High School Girl's Cross-Country program for 11 years. His teams regularly attracted between 25 and 35 runners each season which is a testament to his ability to make running a fun and enjoyable activity. In addition, his teams finished in the top half of the NCC Conference for ten consecutive years. Several of his runners went on to compete at the collegiate level and he coached a North Central Conference individual champion who competed at the Semi-State level during three seasons.

Cost

\$20 per runner. See back for registration form.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIDDLE SCHOOL CROSS-COUNTRY

CASS COUNTY FAMILY Y

COST: \$20/runner

Session Date

Starts: May 31

*See Front for additional class information

Participant's Name _____ Age _____

DOB _____ Male Female

Shirt Size:

- _____ YM
- _____ YL
- _____ S
- _____ M
- _____ L
- _____ XL

Mother/Guardian _____ Preferred Phone _____ Alt. _____

Father/Guardian _____ Preferred Phone _____ Alt. _____

Address _____

City _____ Zip _____ E-mail _____

Would you like to make contribution to the Strong Kids Campaign? \$5 \$10 Other \$ _____

Payment Check Visa MasterCard Discover Amex

Credit Card # _____ Exp _____ Name on Card _____

Emergency Name _____ **Relationship** _____ **Phone** _____

Participation Agreement: I release the Cass County Family Y and any individuals associated with the Y from all claims or damages that may arise from my child's participation. This release shall apply to my heirs and personal representatives. If I sign this release for a minor or another family member, I also agree to indemnify the Y for any claim they may assert. I give the Cass County Family Y my permission to use my child's photograph or videotaped images for promotional material on print and social media sites. I have read this form and understand the expectations of the program(s) for which I have registered.

Signature _____ Date _____

Staff Only: Receipt # _____ Date _____ Amount Paid _____ Initials _____
Parent Welcome Letter Given Mailed