

# Westfield Middle School

## Cross Country 2023

### Summer Training for Westfield Middle School Cross Country:

Westfield Cross Country involves making a commitment, not only to the team, but ultimately to yourself. You certainly don't have to be the most talented runner or the strongest person; however, your work ethic, level of motivation, and attitude are essential. Mentally preparing yourself to be the best runner **YOU** can be AND, most importantly, the best **PERSON** you can be is the overall goal of the program. We would like our runners to be out running five to six days a week, if possible. One of the joys of running is that the world is our gym; if you can find open space, you can run. **It is a sport of passion.**

### Reasons to join the team:

- 1) It is a **GREAT** way to get involved in a middle school sport.
- 2) You get maximum encouragement and support from teammates.
- 3) You compete against your own times; however, it is the ultimate team sport.
- 4) We have an amazing time while getting physically and mentally more prepared.

**Cross country is a fall sport at the Middle School, but participation in \*summer runs prepares you for the season.** If you are here, in town, we would like for you to participate in the organized summer runs (Tuesdays, Thursdays and Saturdays). On Saturday, June 17<sup>th</sup>, we will be meeting at Monon Elementary to participate in the Liam and Reece Kelly Memorial 5K run.

If you are unable to attend summer practices, please complete the work-out on your own (I will be sending these out weekly.). The following is the schedule we would like for you to follow throughout the summer.

**\*Summer runs: Every Tuesday and Thursday morning from 8:00 a.m. – 9:30 a.m. Typically we meet at the front of the Middle School. If the location changes, I will send out a message. Plus, most Saturdays, we run at MacGregor Park. Running Days: 6/8, 6/10, 6/13, 6/15, 6/17, 6/20, 6/22, 6/24, 6/27, 6/29; No organized runs 7/1 – 7/8, 7/11, 7/13, 7/15, 7/18, 7/20, 7/22, 7/25, and 7/27; Regular season starts on Monday, July 31st @ 8:00 a.m.**

### Make sure you bring a water bottle and wear a watch so you can time yourself.

If you complete all of your summer work-outs and submit a Google Form (Information will be on the WMS website under Athletics), you will earn a summer incentive t-shirt.

Time Trial – Saturday, August 5th @ 8:00 a.m. More information to come during the summer.

You must get a physical form completed *as soon as possible* preferably before summer runs, *definitely* before **July 31st**. Parents, please fill out the Google Form on the WMS website under Athletics, 2023 Cross Country so I can start sending important information to you.

You can also access the fall meet schedule from the WMS website. When school starts, we will practice every day after school until 5:30. Additional information will be given out during the summer.

For additional information, please contact Linda Ogle (Head Coach)

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