August 2024

Dear Parents/Guardians,

I am so excited to coach Cross Country for your child this year! This sport can be such a wonderful tool to help manage stress, build strength in mind and body, and create lifelong friendships through team bonding. The goal this year is to nurture a love of running and build confidence that extends into adulthood. I hope this season brings many positive benefits to your child’s life!

I would like to take the opportunity to go over some important topics before our regular practices begin and your child starts tackling their weekend long runs. Safety is a top concern for me, especially while the weather is so hot and humid. When your child attends practice, they must bring enough fluid with them. This can be Gatorade or cold water. Practices will typically be about an hour and ten minutes, so please encourage them to pack enough to fit that timeframe. They will need to be responsible for carrying fluid with them on their weekend runs as well. Fleet Feet in Greenville has a great selection of handheld water bottles and hydration vests. I have provided cooling rags for each student. These will go home with them to use anytime but should be brought to each practice to assist with preventing overheating.

Your child will be asked to complete one long run during the weekend. This can be done on either Saturday or Sunday and at their leisure. I suggest they run in the cooler part of the mornings or utilize a treadmill if possible, during the hotter days. I will always encourage the team to connect with one another outside of school to organize a group run. Running with friends is safer and helps make their runs more enjoyable.

Lastly, I realize some children may not have a personal cell phone yet. For those that do, I highly recommend he/she downloads the fitness app “Strava”. Within the app, you can very easily set up a safety beacon that will be sent to your phone from theirs when they begin a run. You are also able to see their route as they run and when they complete their activity. If you are unsure of how to set this up, I have links to instructions and other safety tools on my website www.WMRUNNING.com.

If you have any questions, please do not hesitate to contact me via email or my cell phone

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Sincerely,

Shari Fritz