

Dear Cross Country 2017 Athletes and Parents,

This letter serves to provide some preliminary details about our upcoming season. Below you will see information about coaching staff, summer training, preseason, and a little bit about the fall schedule. However, much of the fall schedule is still subject to change as many of the host sites have yet to post their dates. We'll continue to provide updates as more information becomes available.

Our coaching staff consists of Coach Jason Dwyer (boys' head coach), Coach Gagne (girls' head coach), and we welcome Hannah Hastings who will assist both programs. Our program captains are Will Duryea, Nick McKalip, Ally Sadler, Isabel Morris, and Nicole Manning. Our team parent, Serena Wilson, returns this year. Her eldest daughter just graduated from the program and her youngest daughter, Windsor Smith, will be a sophomore.

Coach Gagne has designed a thoughtful and comprehensive summer training plan that can be found online (see link below). New this year will be a shareable training log that also features the plan detailed by Coach Gagne. The plan can be found on our team home page on athleticnet. Athletes must first search for their own profile and claim themselves. Captains can also help the other athletes figure out how to do this. <https://www.athletic.net/log/c/t3802/workouts/c/?sport=XC&date=2017-06-10&user=21469>

The plan is a great guideline, but athletes are encouraged to adjust the plan to match individual needs if travel and injuries arise. The summer is a great time to cross train with hikes, swimming, scuba diving, biking, frisbee, etc. All these activities can keep an athlete in shape, stave off mental burnout, and some can reduce the likeliness of injury. Athletes are encouraged to contact the coaches if they have specific questions.

Captains occasionally organize summer runs that often have a social component/activity such as coffee, lunch, swimming, or a movie. These runs are low key and focus more on bonding rather than conditioning. Captains will provide specific information about each run via group Facebook or text messaging. They often will have more information than the coaches.

Preseason begins August 21<sup>nd</sup> at 9am. We will meet at Potomac aside the track starting line and will conclude by 11am. We will also meet at the same time and location on August 22<sup>rd</sup>. However, we will depart for our annual preseason cabin trip immediately after Tuesday's practice. (see "cabin trip information" link below). Practices will resume at the normal 3:30-5:30 timeslot at Potomac in the following week.

For the Fall schedule we envision the following meets/dates:

**August 21<sup>st</sup>: First day of practice: on campus 9:30am**

**August 22<sup>nd</sup>- 25<sup>th</sup>: Cabin Trip**

**August 29<sup>th</sup>: Tuesday: Landon:**

**Sept 2<sup>nd</sup>: Off**

**Sept 9<sup>th</sup>: Off (ACT test date)**

**Sept 16<sup>th</sup>- Woodberry Invitational in Orange, VA**

**Sept 23<sup>rd</sup>: Off**

**Sept 30<sup>th</sup>: Octorberfest (Senior/Freshmen trip precedes- may just run 10<sup>th</sup> and 11<sup>th</sup> graders)**

**October 7<sup>th</sup>: Off (SAT weekend)**

**October 9<sup>th</sup> (Monday) Mandatory Practice at Derwood.**

**October 14<sup>th</sup>: 3<sup>rd</sup> Battlefield (Homecoming).**

**October 18<sup>th</sup>: Flint Hill.**

**October 21<sup>st</sup>: Off**

**October 28<sup>th</sup>: ISL/MAC Championships (ACT Test Date) Top 12 from here will be reviewed for State selection.**

**November 4<sup>th</sup>: Off: (SAT Weekend)**

**November 10<sup>th</sup>, Friday: States. Woodberry Forest, Orange, Virginia.** Will stay overnight and return on the 12<sup>th</sup>. This meet is for the top 12 boys and top 12 girls. We will also take any interested seniors who are not in the top 12 to spectate.

**(December 2nd SAT test date. Dec 9th ACT test date)**