



MS Cross Country

- Any questions, please contact coach Macholl at machollj@amerysd.k12.wi.us or coach Long at m_schoen@live.com
- Any boy or girl who will be in 6th, 7th or 8th grade next fall can sign up.
- First practice will be Thursday, August 29th at 4:30 – 5:30 PM. **We will meet at the track.** Be sure to dress for the weather and bring a water bottle. We are also planning to practice on the 30th from 10-11:30 AM for those that can make it.
- Once school starts, normal practices are 3:30-5:00 PM Monday-Thursday with an occasional Friday.
- At practice, we will focus on developing endurance, strength, speed and dynamic flexibility for all ability and fitness levels.
- Most middle school CC races are 2500 meters, which is approximately 1.5 miles or just over 6 laps around the track. It is also exactly half the length of the HS race. Races are run on school trails.
- Meet schedule is below:

9/17	Rice Lake
9/24	Amery (MS only)
10/1	Cumberland
10/8	Amery

- Meets have 6-20 schools and there are runners of all ability levels. All team members run at every meet.
- Be sure to take care of your registration, physical, and concussion testing. All info and links can be found here: <https://amerysd-ar.schooltoday.com/home>

Summer training

This summer, we will be focusing on speed. Whether it is part of the school's summer conditioning program or another sport you are in, try to do two sprint workouts and two easy runs of no less than 10 and no more than 30 minutes each week. As the first practice approaches, you will receive some additional info about preparing for the season.