

JEFFERSON



Join us for a season of hard work, fun and excitement.

OSAA PRE SEASON BEGINS

Tuesday AUGUST 15th T-F 9:30 – around 11:15

Monday August 21st M-F 9:30-around 11:15

Scheduled Meets so Far:

Wed, Sep 13 Silver Falls Oktoberfest Invitational

Sat, Sep 30 Nike Portland XC

Fri, Oct 13 George Fox XC Classic 2017

Wed, Oct 25 6A-1 Portland Interscholastic League Championships

Plus League meets that have not been posted yet

As we begin summer training, we encourage all athletes to attend the posted sessions. As we move into the school year, Our practices are five days a week (3:30-5:30), with Friday (or maybe a day off after a meet) as our fun day. Sometimes we will ask athletes to run on the weekends to keep up their fitness. If your athlete gets injured, this does not mean they should just not come to practice. It's essential they remain part of the team and we would like to partner with any PT or ReHab work to get them back on track. **You should be working your way to run continuously for 60 minutes at an aerobic/conversational pace, you should be able to talk and run for 60 minutes.....**

As we hit our race-ready competitive season, with League meets and invitationals on a few Saturdays. Schedule: www.athletic.net/CrossCountry/School.aspx?SchoolID=209. It'll be a busy season, and I understand how busy our student athletes are here at school. We expect **all** athletes to attend League meets, and we expect athletes who get invited to the big meets to attend those. If your son or daughter cannot attend a meet, please let me know well in advance. I expect the athletes to be on the bus with the team both to and from away meets. Please let me know beforehand if you plan to take your athlete home from an away meet. I will do my best to keep athletes informed of races, but sometimes we have to wait to hear if they make the qualifying standard or not, so a little flexibility and patience is required.

Our XC values: **commitment, attendance, performance, and improvement.** We have athletes who have very different goals ranging from becoming more fit, to winning championship races. Our coaching staff honors everyone's personal goals and strives to come up with a plan to help them achieve those goals. We award athletes varsity letters based on these values. If athletes have **three** unexcused absences, we will ask them to leave the team. Athletes are encouraged to speak to the coaches if they are missing a practice day or meet.

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