

Woodland Cross Country 2022 Tryouts



Woodland Parents and Students,
The Boys & Girls Cross Country season for 6th - 8th grade starts Monday, August 1st

Important Details:

- Cross Country practice will be every weekday, Monday – Friday.
- During school we will meet in the cafeteria each day at 3:15pm and finish at 4:30pm.
- Before school starts, we will meet in Crockett Park by the tennis courts.
- Athletes should wear light, comfortable clothing (shorts, T's, socks, and running shoes) and bring their own water.
- In order to participate in practice, athletes **MUST** have a sports physical on file or bring one to the workout.
- If you haven't already, go to [WCS FinalForms](#) and sign up for 2022 cross country season (and 2022 track & field if you're so inclined!) and complete the student and parent digital paperwork. That should help us keep things moving, especially on the first day. This is also the main way of communication if there are any announcements.
- The fee for the season is \$50.
- Potential runners should be able to run at least 2.5 miles without stopping. Practices are typically 3-6 miles long, depending on age and ability. Races are 2 miles.
- A good pace goal for the 1st day of practice is to be able to run 2 miles in under 17 minutes for boys and under 18 minutes for girls. With around 100 athletes, falling off the team pace becomes a safety concern and a supervision challenge for coaches. (For Reference, last year we had 21 boys break 14 minutes for 2 miles and 16 girls under 16 minutes)

To Do List:

- Sign up on [WCS FinalForms](#).
- Get an updated physical for the school to have on file.
- Get a running watch. Can be something simple or something with GPS tracking. That is up to you but having a watch is ideal.
- Invite your friends who don't have a fall sport.
- Start Running!

If you want to be the BEST!

- Returning runners should be close to 30 miles a week over the summer. If you want to go a lot higher, please email me so I can give my two cents.
- New runners, listen to your body. Some of you will be able to run 25-30 miles a week and feel great. Others will need to go less than that. Follow the weekly schedule.
- Make sure you are running 4 (or more) days a week. Take a day or two off a week, especially if your legs are sore/tired. Take off more than that if you sense an injury.
- Sign up for a local 5k/10k this summer. Having a race or multiple races to look forward to will make your summer training a lot more meaningful at the time. I will let you know any that I will be running as well.

** Recommended Summer training and Ravenwood Middle School Camp information are on the website.

**Please [email Coach Swanson](#) with any questions.