Parents and student athletes:

Please see schedule of training for August 2015. If you have any questions or concerns contact Coach Burriss at 320-360-7040.

ATTENDANCE REQUIREMENT: Attendance will be mandated when school begins and requirement is 3 practices per week. If your athlete is participating in another activity that conflicts with this requirement, please let the coach know and we will make a case-by-case decision. The more the runner attends, the more progress will be made.

SAFETY PRECAUTIONS: Students will be running routes that are public and will be out of sight of the coach for minutes at a time during meets and training. If you wish for your athlete to be assigned a running partner, please let the coach know. If you would like a printout of the designated routes, I will provide. If you would like to volunteer to monitor our routes, please let me know. If the weather does not permit outside training, we will train inside the school.

WHAT TO WEAR: Loose clothing, like the gym uniform or something with a similar fit. Optional: wear undershorts for cover when stretching or spandex to prevent irritation. Shoes with cushion support and flexibility/bend (ex: Converse do not offer much support, tennis shoes do not offer flexibility). In cooler weather, wear removable layers, hat and gloves. For sunny weather, apply sunscreen on exposed parts or cover skin and have a billed hat or sunglasses for more comfort.

HOW TO PREPARE: Be sure to eat something within an hour of practice, for mornings; a light snack will be good (oatmeal, fruit, cereal, boiled eggs, granola bar). Hydrate; drink at least 3 bottles of water (8 oz) for afternoon practices and at least one bottle of water for morning practice. Bring a water bottle. Start walking the distance, 4 times around school circle or 8 times around track.

We may begin practices at 4:15, however we will always be done at 5:00 or earlier.

August 2015 TRAINING SESSIONS

|  |  |  |  |
| --- | --- | --- | --- |
| Monday 4:00-5:00 | Wednesday 4:00-5:00 | Friday 4:00-5:00 | Saturday 9:00-10:00 |
| 8/3 | 8/5 | 8/8 | 8/9 |
| No Practice | Circuits  Cool Down  @ Sports Complex | Distance Run  Deep Stretching  @ Beach trail | 100’s  Deep stretching  @Sports Complex |
| 8/10 | 8/12 | 8/14 | 8/15 |
| 2 mile run  Deep stretching  @ Beach Trail | Relays/Grass Drills  Cool Down  @ Beach | Relays/Speed  Cool Down  @ Sports Complex | 2 mile run  Deep stretching  @Sports Complex |
| 8/17 | 8/19 | 8/21 | 8/22 |
| 100’s  Deep stretching  @Sports complex | 2 mile run  Deep Stretching  @Neighborhood Trail | 2 mile run  Deep stretching  @Beach Trail | Relays/Grass Drills  Cool Down  @Sports Complex |
| 8/24 | 8/26 | 8/28 | 8/29 |
| 2 mile run  Deep stretching  @ Beach Trail | Base Run  Cool Down  @Sports Complex | 100’s  Deep stretching  @Sports Complex | 2 mile run  Deep stretching  @Beach Trail |
| 8/31 |  |  |  |
| 2.25 mile run  Deep stretching  @Sports Complex |  |  |  |

Visit msburriss.weebly.com for forms, surveys, trail maps and directions to the meet sites.