



Dear Warhawk Parents,

I wanted to send a brief letter to say “Hello” and to let you know that I am excited about Veteran’s Cross Country and the opportunity to coach your child this upcoming school year! Since we are already at the end of the school year, I am going to save the official parent meeting for late July/early August just prior to the start of the 2022-2023 school year. As you may be aware, however, the success of our cross-country season depends somewhat on how dedicated the runners are to training during these months prior to the start of the school year!

What you need to know for now:

1. Communication:

- **Email:** Coach Jennifer Bolton (jennifer.bolton@hcbe.net)
- **GOOGLE CLASSROOM:** use SSO portal: Class code: **y4px5op**
-> <https://classroom.google.com/c/NjExNDU0MTAzMDQx?cjc=y4px5op>
 - **Please complete the student interest form found on Google Classroom**
- **Group Me:** This app is for team members only. Messages are for CC purposes only and are subject to the same technology rules as the school. No nicknames, bullying, etc.

2. Get a sports physical!

- All runners must have up to date information for their physical & medical consent forms.
- Parents must have an account setup on the Dragonfly platform and update them yearly.
- Website: <https://max.dragonflyathletics.com/maxweb/max-cover/login> Once logged in select “Prep for 2023-24.” VHS school code is: 62JVFQ .
- If you already have an account, do not create a new one. Just update your existing account.
- Physicals are good for one calendar year, along with the other forms, so please make sure they are not expiring during the season. The season does not end until November.
- Be sure to sign off all necessary elements in dragonfly so that your runner’s profile shows them at 100% complete.
- **Rising 9th graders:** Update your school on the account so our school athletic secretary, Marchien Ballard, marchien.ballard@hcbe.net can work with the documents.

3. Costs to participate: \$175. This will be due no later than 8/4/2023.

- This cost covers the uniform (tank, shorts, hoodie, long sleeve shirt, short sleeve shirt, etc.)
- Uniforms **will not** be returned at the end of the season.

- The uniform will belong to the runner, and it will be the runner's responsibly to wash/clean and keep up with their own uniform!
 - Please mark names or initials inside the uniforms for identification.
 - We will host various fundraisers throughout the season to support other season costs and runners will be expected to participate in the fundraisers with their teammates.
4. **Running Expectations:** When practice begins August 2nd, all runners must be able to run below 32 minutes to participate in meets. We want to build comradery, friendships, and confidence, but this is a varsity sport, and we must value competition and improvement.
5. **Summer Runs/Conditioning:** I will bring the team together selected days in late June and into July as we get closer to the start of the school year. I will announce these via GroupMe and Google Classroom.
- You will be required to have your sports physical completed **prior** to joining us for any group runs.
 - Outside of these group runs, you should sign up for the Strava App to track your own runs. Join the VHS XC group (go to groups icon at bottom & search for VHS XC & join) so that we can all keep each other accountable!
 - If you cannot get the Strava App, please log your runs with a minimum of date, start time, end time and distance.
 - General Running Goals: Note that these are per WEEK and should include rest days in between longer runs.
 - Beginning Runners: 6-10 miles
 - Intermediate Runners: 11-20 miles
 - Advanced Runners: 20+ miles
- 20 Miles Per Week Sample Plan:**

 - Monday: 4 miles
 - Tuesday: REST
 - Wednesday: 5 miles
 - Thursday: 3 miles
 - Friday: REST
 - Saturday: 8 miles
 - Sunday: REST
6. **Other summer running opportunities:**
FCA Camp: July 9th (Sunday) – July 12th (Wednesday)
- Registration Link: <https://fca.regfox.com/2023ngarunning>
 - Location: Reinhardt University
 - Who: Upcoming 6th graders and above; Coaches and adults are welcome
 - Cost: \$350 for students, \$300 for adults/coaches
 - What: Distance track runners or cross-country runners (geared more toward cross country)
 - This camp is for more advanced runners-not a beginner's camp!
 - We may have possible discounts or scholarship opportunities for this camp; if it is something you are considering please contact coach Bolton **ASAP (NLT 05/30)** for more information.
7. **Team Practice:** Practice during the season is normally from 3:15 pm until 5:15 pm. No lingering in the facilities. Practice begins the 1st day of school, August 2, 2023.

There will be more information in the coming weeks so be on the lookout via the communication methods listed above. Please do not hesitate to contact me with any questions in the meantime!

Looking forward to a great season.

Jennifer L. Bolton

