To the Parents of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

 I am very excited about the upcoming season in which I get to coach your son/daughter and help them become the best runner they can be. Being a member of a cross-country team takes dedication, commitment, sacrifice, and time. They will not become star runners overnight and may not even see improvement in the first month, but if you and I work together to help them stay focused, and provide them with the proper tools, they will definitely see results. How can you help your son/daughter before the season starts you ask? Here are a few things I suggest.

 \*\*I strongly encourage the kids to follow a training regimen during the summer. I have individualized the program for the more experienced down to the beginning runner. Pre-season summer training is essential to build a fitness base for intensive workouts and races during the season. Encourage them to fully complete the workouts they are assigned each day. Take them to different areas and bike, run, walk, or even drive beside them. Allow them to run with a partner or other member of the team for safety. If you as a parent buy into the importance of a strong foundation, even if it means being inconvenienced at times, they will too. I can’t count the number of times I had to plan vacations, meals, and family fun days (that’s what we call them) around running. It is a lifestyle, but boy, is it a rewarding lifestyle. Also, please help me by not scheduling family vacations during preseason (First weeks in Aug) or during the season. We hope to go to camp the first week in August, which will be a very rewarding experience. We will also do long runs on Saturdays during the season, which I believe to be one of the most important workouts of the week. A few important meets also fall on Saturdays. These are big days during the season so please plan accordingly.

 \*\*Your son/daughter will probably complain about sore muscles, knee pain, and hip discomfort. Doing the circuits and lifting weights during training is supposed to help alleviate this, so encourage them to do those as well. Any athlete engaged in intensive training and competition can be subject to injury. We can prevent most injuries by following the workout progression given, and treating minor aches and pains before they become disabling. I am a firm believer in ice baths, heating pads, and Jacuzzis. They should talk to me about any pain they are experiencing and I will use the knowledge I have to try and make an educated decision about the next steps. I have been an avid runner for 18 years now and have had every pain there is. I know when to rest, and when to run through the pain. I tell the kids all the time, if it doesn’t “hurt” you aren’t doing it correctly. However, that is not true if you are physically “HURT.” Communication is key and I hope you will communicate with me when issues arise and know that I DO NOT want your son/daughter to miss practice or a meet due to an injury, so I will do what I think is best to avoid that. I also ask you to help the kids with providing a nutritious, well balanced diet. The kids need protein for recovery, lots of fruits and vegetables for fuel, and plenty of water. On meet days/long run days/ and quality days fatty and fried foods, and carbonated drinks should be avoided.

 \*\*You can also help your son/daughter by making sure they have a good pair of running shoes. People at Dick’s, Shoe Dept, Foot Locker or other shoe stores will only try to sell you the most expensive shoe. Running stores like Off N’Running, The Charlotte Running Company, and Omega Sports are better because they will actually look at your runners foot, their running form, and standing form and find the best shoe for them. I will be more then happy to take them to find shoes because I believe a good shoe can make all the difference. Do know, that running shoes can be expensive. However, good shoes can prevent injuries, which prevent doctors’ visits, which will save money in the long run. Running shoes should also be used for running only. Wearing them for PE and at other times only causes them to wear out faster. Your runner also needs a running watch that has a timer. Many returning runners already have GPS watches in which they love. This is not required, but would help in their training.

 \*\*Lastly, I encourage you to encourage them to commit. Commitment requires being at practice each day when it is being held, being loyal to the team, and following the Carson Code of Conduct. You need to be involved just as they need to be involved. Kids value the things that their parents value, so if you commit to their commitment and are involved in their training and journey for improvement, they will more than likely put in that extra effort that is needed. Everyone on this team is important and serves a purpose, so I welcome you to become a member of our cross-country family! Thank you again for this opportunity to coach your son/daughter and I look forward to the next few months!

 Sincerely,

 Les-Lee Peeler Ihme

 Les-Lee.Ihme@rss.k12.nc.us

 704-213-2931

***Acknowledgement / Agreement to Carson High School Cross Country Rules and Expectations.***

By signing below I acknowledge and agree to commit to the Lady Cougar Cross Country team for the season of 2020-2021. I have read the rules provided and understand what is…and what is not expected of me.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please sign electronically at:

<https://docs.google.com/forms/d/e/1FAIpQLSeWKw7NkdS-uEVqbzbGjkYRCDh_SkeUOEwmiVfbzt9tH8eYag/viewform>

Runners,

 The approach to this season is to start at the beginning and make progress patiently and consistently. In order to become the runner I know you want to be you have to patient and not take shortcuts. Success doesn’t come overnight and running can cause frustration if you think it will. I’ve seen too many girls/guys not prepare properly that then become dissatisfied with their results. I promise you that if you follow the workout I lay out for you each day, do your circuits, get enough sleep, and eat right, you will see results. You have to trust me though as your coach. I also need to trust in you that you will do everything you can to improve. If you don’t want to put in the work, don’t join the team. My plans are big this year. I believe we can achieve great things if we follow the plan laid out before us. I have two rules I want you to follow…

 HAVE FUN & STAY HEALTHY

Our goal for the year is for you to miss 0 days due to injury or illness…among others. That starts today, tomorrow, next week, etc. You have to commit now! Can’t wait to start this journey with you!

 Sincerely,

 Ihme