

Florence Track Club

Cross Country 2020 Welcome Letter

Hello Parents!

I am excited to get the 2020 cross country season underway. If you are new to us, welcome! If you are returning for another season with us, welcome back!

Our first practice will be **Tuesday, Sept. 1 at 5:45pm** at the West Florence High School track, followed by a **Parents' Meeting at 7:00pm**. Please park only in the parking lot and not in the grassy areas at WFHS. Also, please be aware that WF requires adults without a background screening to remain outside the track fence. There are bleachers where we will gather for the Parent Meeting.

Throughout the season, we will practice at West Florence, McLeod Health and Fitness center, and at Freedom Florence, following our schedule as closely as possible. Our practices will normally last about 1 hr 15 min to 1 hr 30 min. At the High school, drop off and pickup will be in the High School parking lot. At McLeod Health & Fitness, we will be meeting at the backside of the building, nearest the gate to the Rail Trail. At Freedom Florence, we meet by the pond off the back parking lot. If there are changes, we will announce them on the field with the group and on our announcements page on the website. I will also send a weekly email with info and updates in an effort to help keep everyone informed.

Since cross country is an all-weather sport, please assume that we will meet when scheduled. Practice is cancelled only when thunderstorms are threatening, or if it has been raining all day. I plan to set up Remind, which has an app that can be used to provide updates. We try to post cancellations at least a half hour to an hour before practice.

Situations may occur during the year that may prevent your child from attending practices, but we encourage that they participate with the team as much as possible. Although we practice as a team, cross country is essentially an individual sport which requires self-discipline. Therefore, progression will be the responsibility of the athlete. We will be here to help that progression.

Our first three weeks of practice will start at 5:45pm and end at 7:15pm. The schedule will shift as the sun sets earlier. Please arrive on time for practice so that participants may warm up prior to the start of running. Be sure your child has sweats to wear, as the cold weather can set in quickly in the evenings. Also, please make sure your athlete brings his or her own water to drink.

The following table shows the distance that your child will be training for depending on their age division. Age is based on how old they will be on Dec. 31, 2020. Sub-Bantam

(6-8), Bantam (9-10), Midget (11-12), Youth (13-14), Intermediate (15-16), and Young Men or Young Women (17-18).

<u>Division</u>	<u>Distance</u>
Sub-Bantam	2k
Bantam	3k
Midget	3k
Youth	4k
Intermediate	5k
Young Men/Women	5k

We will jump into conditioning from the beginning. The goal for our program is to have each child prepared for the state meet in November. Cross Country is a sport that takes time and perseverance, so please don't get discouraged if your child is unable to compete right away. As long as your child follows the schedule (along with some work on his/her own), there will be a notable difference from the beginning of the year to the end. We will track their times throughout the season to see their improvement.

Thanks again to you and your child for taking an interest in our program. Middle to long-distance running is very challenging, and I commend each child for coming out. If you have any questions during the year, please do not hesitate to ask. I want to keep the lines of communications open to all involved. Also, if you would like to help, please let me know. Thanks again!

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