



Hello X-Country Parents,

I'm Sarah Ballard, Harrisburg Academy's Cross Country Coach. Welcome back veterans and for those of you I've not met yet, I just wanted to (electronically) introduce myself! I'm looking forward to another great season of running... I've been out and about getting my own legs warmed-up and ready for practice on August 31. We will meet outside the Gallery entrance (at the back of school) between 3:15-3:20 p.m.

Whether you're a veteran runner, have run in the past but took an extended "break" from running, or are just now beginning your running career, the best and most effective way to start is through walking. Continuous walking will slowly prepare your legs for the upcoming stages and will also help you develop a daily routine -- as you'll be practicing 4 days a week for the next 7-8 weeks. Below you'll find the preseason schedule, so do as much as you can.

For practice:

- please wear comfortable cool clothing
- bring a water bottle EVERYDAY! It's hot out there
- bring a snack for the post-practice munchies

We'll go over proper shoe attire, comfy socks, running technique, stretching and more over the next couple of weeks of practice. Lots of fun to be had...

Practice is from 3:20-4:30 p.m. Monday -Thursday on school grounds and surrounding neighborhoods. The season starts on the first day of school and goes until about October 7. The team is not competitive, rather I tend to focus on "Challenge by Choice." It is my philosophy to give the students a place to leave behind academics, social cliques, and homework for just an hour and offer them a fun outlet outside of their normal school day.

As well, I just wanted to confirm where your children should report post-practice. Last year, I had everyone write their names on a paper and where they should go as soon as practice wraps up at 4:30 p.m. at the Gallery entrance (where practice both begins and ends). Can you please email me with where your children should be picked-up or if they should go directly to Homework Club?

Finally, I am attempting to put together a race/meet schedule. I will keep you all posted on races so that we can all plan our calendars accordingly. So please email your preferred e-address.

Don't hesitate to email me if there are any questions you have. Again, I'm so excited to meet the next generation of runners!

Warmly,
Sarah Ballard

If you're just beginning a fitness program, the best and most effective way to start is through walking. Walking will slowly prepare your legs for the upcoming stages of running AND it will help develop a daily routine! Good luck and have fun.

Check the appropriate box after each day's activity.

Walk 10 Minutes	Day 1 – Aug 25	Day 2 – Aug 26	Day 3 – Aug 27	Day 4 – Aug 28
Walk 15 Minutes	Day 5 – Aug 31	Day 6 – Sept 1	Day 7 – Sept 2	Day 8 – Sept 3
Stage 1 <i>Run 2 minutes, walk 4 minutes. Complete sequence 3-4 times.</i>	Day 1 - Sept 7	Day 2 – Sept 8	Day 3 – Sept 9	Day 4 – Sept 10