

Varsity Cross Country Summer Information Sheet 2018

1. First official practice- **Wednesday August 15th at 8:00 AM**. You must have all of the following forms completed and signed in order to practice. (all forms available on the Hampden Academy Website under athletics or at the school office). These forms can be turned into Mrs. Smith in the office before school ends this year.

- Parent and Student Consent and Risk Warning Acknowledgment Form
- Hampden Academy's Drug and Alcohol Rules and Procedures
- Emergency Medical Care Acknowledgment and Authorization
- MSAD #22 Interscholastic Sports Physical Form(or on file already)
- Participation Fee Form along with fee

2. Buy a new pair of running shoes to start the summer with, remember, most running injuries are caused by inadequate footwear.

3. All new runners should try to start running(4 or 5 times a week) at least by the beginning of July. Veteran runners (5 or 6 times a week) by the middle of June. Runners who have just completed a season of outdoor track should take 2 weeks off before starting.

4. Pick up a training schedule and running log from Coach Veitch and Coach Johnson. Keep track of your summer running as instructed in your log.

5. Try to attend captain practices **Wednesday nights starting June 20th at 6:00 PM**(Meet at the Hampden Academy track). These are informal runs and either a captain or veteran runner will organize it.

6. Get together and run with other team members. Encourage new runners to go out and run with you.

7. Try to encourage a friend to come out for the team. The more depth we have on the team the better off we will be.

8. Remember, the **success** that **you** and the **team** has this fall will depend largely on what you do this summer!

9. Any questions or problems this summer feel free to E-mail us.

Coach Veitch and Coach Johnson (E-mail: bveitch@rsu22.us or djohnson@rsu22.us)

PS Remember: You cannot get back July and August in November!

Hampden Academy Cross Country Preseason Practice Schedule 2018

Wednesday August 15- 8:00 a.m.-10:00 a.m.* **Meet in room 317 at Hampden Academy**

If you have not turned in your forms please try to arrive between 7:30-7:45 so that the paper work can be checked and we can start practice with a meeting promptly at 8:00 a.m. If you can drop your paper work off at the high school athletic office before Wednesday that would help speed up the process.

Thursday August 16- 8:00 a.m.

Friday August 17- 8:00 a.m.

Monday August 20- 8:00 a.m.

Tuesday August 21-**8:00 a.m. - 3:00 p.m. Acadia National Park Trip**
(date of this could move to Wednesday depending on the weather forecast)

Wednesday August 22-8:00 a.m.

Thursday August 23- 8:00 a.m.

Friday August 24 - 8:00 a.m.

Saturday August 25- 9:00 a.m. practice will be a **time trial** on the Reeds Brook Trails during the **Warren Bishop Memorial Run** (Parents and friends are encouraged to run or walk in the race as it raises money for a scholarship given to Hampden Academy runners!)

Monday August 27- 3:00 p.m.

Tuesday August 28-3:00 p.m.

Wednesday August 29 -3:00 p.m.

Thursday August 30- (9th grade students in school) 2:30 p.m.

Friday August 31-**First meet at Bangor (Boys @ 4:00 & Girls @ 4:30)**

Labor Day Weekend(September 1, 2 and 3) (no formal practice at school)

Special Notes

- * When scheduling pickup times after practice you can count on practices not lasting more than two hours. Most of the time it will be less depending on what your son or daughter is doing for a workout that day.
- All practices when school is in session will be at 2:30 p.m.