



Shorewood
SCHOOL DISTRICT

**SHOREWOOD RECREATION & COMMUNITY SERVICES DEPARTMENT
SCHOOL DISTRICT OF SHOREWOOD**

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Welcome to the 2019 Shorewood Recreation Cross Country Team!

We are very thrilled you chose to join us for the upcoming season! I am sure you are wondering what to expect for this season. I hope this letter helps ease any anxieties or questions you may have. Please ask us questions any time!

What to wear for Practice:

- Very important: you will need a good pair of **running** shoes. If you are unsure what to get, you can try Performance Running Outfitters in Shorewood (mention that you run for Shorewood for a discount). They have the staff and knowledge to make sure you are fitted for a pair of running shoes that work with your body/running style. If you have any questions about this please let us know.
- Please wear athletic shorts/pants and shirt. Depending on weather, please layer your clothes to make sure you stay warm. After we run please make sure you have dry, warm clothes to put on. You can get cold no matter how warm it is while your body is trying to cool off.
- A timing watch is great if you have one, but not necessary.

What Coaches expect of each Runner:

- **Respect Each Other**
 - Encourage others
 - Use appropriate language
 - Respect each other's personal space
 - Show good sportsmanship - even towards other school's runners
- **Respect the Coaches (and other helpers)**
 - Follow directions
 - Trust your Coaches
 - Tell Coaches if you are leaving/being picked up by parent/guardian
 - Immediately tell a Coach if another person is physically or verbally bothering you.
- **Stay Safe**
 - Stay together with the Team
 - Use the Traffic Signals - Only Walk when the sign says walk
 - Always watch out for cars
 - Stay on the sidewalks or paths

We want every runner to have a fun experience. If a participant is disruptive, refuses to follow directions, or endangers the health and safety of other participants, parents/guardians will be called to discuss the situation. Each

situation will be handled on a case by case basis based on the Shorewood School District's Code of Conduct.

Cross Country Meets:

- There will be a total of 4 meets this season.
- We will need parent drivers for each meet. Watch for an email from Justin Calvert asking for volunteers prior to each meet.
- Please have a healthy snack to eat and drink on the way to the meet. Please no dairy before you run. It can give you a stomach ache and side cramps when you race. Better choices are water, apples, bananas, granola bars, half of a sandwich, pretzels, veggies, etc. NO CANDY ALLOWED.
- **Meets will start at 4:00 PM.** Boys and Girls usually run separate. And depending on the meet, 5th/6th will run first and 7th/8th will follow (some meets will run all 5th-8th boys at one time and 5th-8th girls at one time).
- Total distance of each cross country course depends on the meet. The distance ranges between 1.75 - 2 miles.
- Again make sure you have enough clothes for the weather. More clothes is better than less clothes. It is easier to get warm and stay warm than get cold and try to warm up.

As always if you have any questions at any time please let us know.

We are looking forward to a great season!

Your Coaches,

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