

South Sioux City Cross-Country

Letter 2006

Hope you are enjoying your last week of summer and have been preparing for the start of school and fall sports. We will have a cross-country meeting on Sunday night August 13th at 7:00 p.m. at the Senior High track. The final Missouri River Runners track meet starts at 5:00 p.m. I think that you should run in this meet either in the 3200 or 1600 to determine your present level of fitness. I can use this information to plan workouts to best meet your present level of fitness. This year Coach Carlson will be responsible for the girls and I will coach the boys. We think this will be a good opportunity for both programs. We will still do some things together but will each have responsibility for one team. As you know, we haven't been very competitive the past few years. My plan, with your help, is to change that. Looking back over the workouts the 'bottom line' is that we have not worked hard enough and I have allowed athletes to come late or miss practice for work or out of season sport practice. I think our team and my coaching can be best described as a focus on developing 'participants' rather than 'competitors'. Even if your reason for participation in cross-country is for another sport; it seems foolish to expect less than your best.

Our goal will be to become 'competitors'.

1. We will do that by increasing the intensity of our workouts and developing a 'team first' concept.
2. Being less accepting of coming late or missing cross-country workouts for work or other sports.
3. Journaling your workouts, recording season development, goal setting and having your own watch.
4. Placing some leadership on you by requiring some morning and weekend running.

I'm looking forward to seeing you Sunday. I would like to have short practice sessions at 7:00 a.m. and 3:30 p.m. next week. If you can only attend one we'll just 'double up' the session you can attend. I've enclosed two copies of the practice schedule one for home and one for school/work. If there are conflicts just let me know and I can make arrangements with you to workout 494-3063 or home 494-3416.

Coach Shadle

p.s. bring current physical, wristwatch and notebook