

Hi Team - Hi Parents,

Hope you all are having a great summer, we still have 5 weeks left ☺ I want to start with some important dates:

August 11 - Fall Parent/Athlete Night at SHS 7p.m., new and returning runners and parents please plan on attending (also please bring \$5 to join the Salem Booster club - going for 100% team membership this year. We almost had it last year.

August 17 - Team picture day before practice in uniforms - Bring blank check if you plan on ordering.

August 18 - Deadline for eligibility for physicals. If you still do not have a physical and did not get one at SHS, I must have your physical by this date. If you have your physical please bring to practice first day next week.

August 27 - Freshman open house - will need team to sit at table like last year and try to recruit new freshman. You all can sign up in shifts or stay for the whole thing (only a couple of hours).

November 19 - Fall Banquet

Practice is mandatory. If you cannot attend I need 24 hours notice, unless illness or emergency. If you are going to miss practice please e-mail, call or text me (home 301-9656, cell 803-7485). Unexcused absences from practice is not acceptable, to do well you have to train. Three unexcused absences from practice and you will be off the team. Please try to schedule appointments so they do not interfere with practice.

Please make sure you bring water to practice. Freeze night before or fill up with ice and water on your way out the door. If you establish a routine for filling up your water bottle every day or night before it becomes easier and you will not forget. It will be hot, sometimes very hot and you will not want to get dehydrated that can be

dangerous. There is water at SHS and there are water stops on neighborhood runs but after a run it is important to rehydrate. If you do not have a good pair of running shoes I would suggest getting some. Shoes are important. The staff at Running Et Cet. ( Laskin Rd. in VB and Colley Ave. in Norfolk) are very knowledgeable and will watch you run and put you in a shoe based on your running gate (style - how your feet hit the ground) they will probably give you a discount if you tell them you are a SHS cc runner. If you know someone who wants to be on the team - bring them - All runners are welcome and all make the team. It's a great way to stay in shape for winter and spring sports. If you know anyone who is not receiving the e-mails please forward this to them or forward them my e-mail.

Who can drive? Who is willing to carpool? ( students and parents). A team roster with phone numbers and e-mails will be sent out as well to possibly aid in carpooling. It is always fun to run in different places in VB: beach, trails, trashmore... so hopefully we will have some volunteers. Parents feel free to run, walk, jog or just sit and read a book at any practice. All practices meet at SHS in back of student parking lot by track unless otherwise noted.

August:

- 3 - 8:00 am SHS
- 4 - 9:00 am SHS
- 5 - 6:30 pm Back lot of VB Marine Science Museum (one w/ otter and seal tank) near boat landing
- 6 - 9:00 am SHS
- 7 - 9:00 am SHS

sat/sun off or run on your own

- 10 - 9:00 am SHS
- 11 - 9:00 am VB marine science museum same as above
- 12 - 6:30 pm VB marine science museum " "
- "
- 13 - 9:00 am SHS
- 14 - 9:00 am SHS

Last weeks in August will be forthcoming but will follow about the same format. If you have any ?'s

or concerns please feel free to reply. I check e-mail daily. See you Monday. Enjoy the weekend.

Thanks,  
Coach