

# SAINT MARY CATHOLIC SCHOOL

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*Rev. Doug Halsema, Pastor*  
*Mrs. Amy T. Akins, Principal*

Dear parents/guardians and runners,

Mrs. White and I are very excited to start our summer training on June 14<sup>th</sup>. We ask if you choose to participate that attendance is consistent and runners are dedicated to at home workouts as well. This is to prevent injury and help all runners feel successful at the end of summer training going into the Fall Season. In person attendance is encouraged for 6<sup>th</sup> – 8<sup>th</sup> graders on the below days, some 5<sup>th</sup> graders will be evaluated to possibly attend. This is to keep the training developmentally appropriate. All other 5<sup>th</sup> graders attend Tuesday & Thursday, along with at home work:

Monday	7 a.m. location TBA
Tuesday	7 a.m. at the PLC
Thursday	7 a.m. at the PLC
Friday	7 a.m. location TBA

Workouts for Wednesdays and a weekend day will be sent through Remind. There will be incentives for submitting workout proof, through Remind or by email, to provide an alternative way to participate in work outs when unable to attend. Our Summer Cross Country Remind link to sign up is;

<https://www.remind.com/join/ffd26g>

Parents, we ask that you support your runner in the following ways; good shoes meant for distance running, diet appropriate for training, help with at home exercises, timely arrival to practice (we START at 7 a.m.), and encouragement through the hot days of training ahead of them.

Looking forward to seeing you all this summer!

Jenna Beaty

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