**2021 Cross Country Information**

**Why do Summer Running?**

* Helps build base-level fitness. This plays into injury prevention.
* Goals are easier to meet when you are doing them with your team!
* Iron Test. Must ask for results in all three areas:

Hemaglobin:               girls 12-16

Hematocrit:                 girls 42% - 46%

Serum Ferritin:            girls 25 or higher

Any figures lower than these minimums indicate low iron for athletes.

**Summer Running Scheduled Practice**

* 8:00 AM M-F, meeting at the student entry (east doors).
* June 14th - Friday, July 30th (seven weeks total)
* Coaches will be present M/W/F EXCEPT the week of 4th of July.
* Watch our social media pages for updates if bad weather is pending or you have been gone on vacation.

**Middle School Runners**

* Have lower mileage to avoid injury. (See calendars.)
* We recommend running 3-5 days per week.

**Tips for Summer Running**

* Run in the mornings or just before sunset, when temperature is lowest.
* Hydrate throughout the day in small quantities, avoiding drinks with sugar and caffeine.
* Eat a small snack/drink some water before coming to practice.
* Buy and use a GPS watch. This will help build awareness of your speed.

**Other Info:**

* Captains are in charge of gear orders.
* Standard race distance is 5K (3 miles).
* Official season starts August 16th at 8:00am.
* Top two teams and top 8 individuals at Sections advance to State in November.
* Registration opens in July at <https://www.plhsactivities.org>
* Registration requires a sports physical. Get one now and it will be good for the next three years.



**Contact Info:**

Facebook: Prior Lake Girls Cross Country Running

Twitter: @PLGirlsCrossCountry

Instagram: @PLGirlsCrossCountry

Schoology: VPT9Z-QNMCH

GroupMe: GirlsXC 2020

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