

Sept. 11, 2023

DEAR BULLDOG XC TEAM AND PARENTS/GUARDIANS,

Welcome to the 2023 Cross Country season! Whether this is your second or third season, or your first time coming out for the team, **we are so glad to have you!** Although Cross Country deals with running (yay!), we will also be incorporating both core and strength work, too. Throughout the next few weeks, we will be working together as a team, as well as pushing ourselves individually, to achieve success.

Unless otherwise noted on the schedule, practice will be located at Brackman Middle School everyday with a start time of 2:30 and an end time of 4:30. The coaches are not allowed to leave until all of their athletes have been picked up. Please make every effort to be at pick up on time or arrange carpools, if necessary.

Please come to practice prepared every day. If an athlete does not have *appropriate clothing* (i.e. running/gym clothes and sneakers), he/she will not be allowed to practice for the day for safety reasons. Additionally, **water bottles** need to be brought everyday to practice. It is not always guaranteed we can get into the building for water breaks, so please be sure to come prepared. I also am highly recommending each runner to have a basic **wristwatch** of some sort this season. This will help to encourage pacing during workouts, as well as track long runs. Walmart and Amazon have great options for \$10-15- this does not have to be anything fancy!

Stay tuned for information regarding an online spirit wear. This is totally optional, but a great time to purchase gear for the season!

Most importantly, do not hesitate to reach out to us with any questions or concerns. Our emails are: adavies@barnegatschools.com or tdavis@barnegatschools.com. We will do our best to keep the school website updated, as well as Google Classroom and Remind (information below).

Happy Running,
Coach Davies & Coach Davis

JOIN US FOR IMPORTANT UPDATES THROUGHOUT
THE SEASON! 😊

Google Classroom: 4gw6zzi

Remind: @robmsxc23

Twitter: @mrsdaviesBTS