

hinsdale central high school

August 7, 2020

The official start of the 2020 Girls Cross Country Season is right around the corner! It has been a unique summer to say the least, but despite everything still a very good summer for training (thanks in large part to outstanding leadership from team leaders), and we are all looking forward to what lies ahead in the fall. It will not be “business as usual”, but we are just happy to get a season!

As usual, I am very happy to say that the commitment to consistent summer training I have seen from many of you this year has been excellent. Summer Miles Bring Fall Smiles! We are all excited about doing everything we can to be the best that we can be. The goal is to arrive August 10 feeling fit, strong, rested, full of energy and ready to go. It's going to be a fun and exciting season!

Whereas this mailing typically details most everything to expect during the season and includes a calendar, this year is a bit different. Many things (meet schedule, details on various team events, etc.) have yet to be decided/finalized, and it is a fluid situation. As soon as I know more, I will communicate those things to you. A few important things to note that are firmly in place:

- Mandatory Practice begins on **Monday, August 10**. Come dressed to run. We will meet on the steps in front of the Main Gym on Grant Street at the high school at 3:00 pm sharp. We will begin practice each day with a health screening with the athletic trainer. **Plan on practices this first week lasting until approximately 5:30 pm.**

- We will practice at 3:00 pm Tuesday through Friday, August 11-14. Each practice will begin with the health screening in the Main Gym. Following that, practices the rest of the week will look like this: M, W – practice at HC; TU, FR – practice at Graue Mill (Fullersburg Woods); TH - practice at Waterfall Glen. I have put the directions to Graue Mill and Waterfall Glen at the bottom of this letter. On Saturday, August 15, we will practice in the morning (time and location TBA, most likely the health screening at 7:00 or 7:30 am).

- * On Wednesday, August 13 we will have a full team meeting at the end of practice, hand out the team booklet, etc. Plan on practice potentially lasting just a bit longer that day (5:45 at latest).

- * Athletes timing of food intake will be especially important this year, both next week and when school starts, with no lunch at school and a 1:00 release. It will be important for athletes to plan accordingly to get all the calories/fuel they need, while also not eating too much/the wrong things so soon before practice that it negatively impacts their practice. We will discuss this extensively next week and help athletes develop a plan.

- **We will be running a Fitness Trial on the track once it becomes available the week of August 24. Normally we do this on the second day of practice, but due to track availability will wait a couple of weeks this year. This will serve as a test of your beginning fitness level and solidify training groups.**

- On Saturday, August 15, we hope to have a Team Breakfast in some casual form after morning practice. I am still waiting on guidelines for this from the school. Again, it won't be “breakfast as usual”, but hopefully we can have some fun in a safe and low-key way.

- Teacher Institute and Planning Days are 8/10 – 8/14, which is why we are practicing in the afternoons rather than the morning. Once school begins on the 17th, we will continue to meet at 3:00 pm each day for practice, beginning with the health screening. Meeting place at school TBA due to potential construction issues.

- **We will practice on Labor Day, Columbus Day, and any Saturday mornings we do not have a meet.** These are required practices. We purposely schedule weekends without a meet so we can get in additional training and not run too many races. This helps us be at our best when it counts most- at the end of the season!

- Our meet schedule is currently being assembled by the Athletic Directors of the West Suburban Conference. It looks now like regular season meets will include West Suburban Conference Silver and Gold Division teams only. State Series meets are still being discussed and planned by the IHSA. October 24 will be the end of the season for all athletes. Hornet/Red Devil Invite plans are undecided right now. I will get you a meet schedule and details as soon as we know more.

- On Saturday, August 22, we will take buses to practice at a forest preserve/trails/state park (not Warren Dunes this year, but something more local), then eat (athlete will bring own food) afterwards. Time TBA (morning practice).

- **Unfortunately, we will not be able to have our Annual Parent/Athlete Kickoff Team Dinner this year due to school and safety reasons**

- * **The Parent/ Athlete Meeting will be held virtually in some form this year. More details will be forthcoming.** Parents will receive a letter from the Athletic Department regarding this mandatory meeting when details have been finalized.

- *Team pictures will be on Friday, August 21 at 5:30 pm after practice. Details TBA.

- **Please make sure you have a current, updated physical before August 10 and have completed registration on the Athletic Website. Submit the physical before the 10th to the Athletic Office or, at the very latest, bring it with you on Monday, August 10th. Both of these things must be completed before August 10!**

- **Please share this letter with both athlete and parents*******

It is going to be a fun and exciting season and I look forward to seeing you on the 10th! If you have any questions, give me a call or e-mail before then.

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P.S. To freshmen and other potential new runners: You are receiving this letter if you have been at summer running, indicated an interest in Cross Country last spring, or were recommended to me as a potential cross country runner. If you want to get connected with a truly outstanding group of girls (the best!) at Hinsdale Central, then Girls Cross Country is the place to be!

Directions: Tuesday and Friday – Graue Mill (Fullersburg Woods) – parking lot at corner of York Road and Spring Road (just north of the intersection of York Road and Ogden Ave.)

Thursday – Waterfall Glen Forest Preserve – trailhead parking lot. Take Cass Ave. south just past I-55, turn right on Northgate (just past the frontage road), parking lot is on the right.