

hinsdale central high school

July 27, 2019

The official start of the 2019 Girls Cross Country Season is right around the corner! It's been a great summer so far and we're all looking forward to what lies ahead in the fall. 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 outstanding. Keep that up as we move into the last weeks before the season begins. 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 12 feeling fit, strong, rested, full of energy and ready to go. It's going to be a fun and exciting season!

I have attached a calendar with some details regarding the season. **A few important things to note:**

- **Mandatory Practice begins on Monday, August 12.** Come dressed to run. We will meet at the outdoor track at the high school at 3:30 pm sharp. We will have an organizational meeting after practice so plan on practice lasting until 6:00-6:15 pm or so that day.
- We will practice at 3:30 pm again on Tuesday, 8/13. The Varsity Group only will also practice in the morning on Monday and Tuesday, 8/12 and 8/13. On Saturday, August 17, we will practice in the morning (time TBA). The Team Breakfast will follow practice.
- **We will be running a three mile Fitness Trial at our second practice on Tuesday, August 13. This will serve as a test of the minimum fitness level required to be a part of the team. Any sophomore, junior or senior must be able to complete the three miles in 27:00-28:00 minutes (time will depend on any potential extreme weather conditions) or less in order to be a member of the team. We require a minimum level of fitness for our team for reasons of both safety and enjoyment. Freshmen will run the fitness trial but will not have a time standard. The fitness trial will be held on the outdoor track at HC.**
- On Saturday, August 17, we will have a Team Breakfast after morning practice. Juniors and seniors will provide transportation from practice for the younger girls to the breakfast. The Watcke's will be hosting this year so we can look forward once again to great food and fun.
- On Saturday, August 24, we will take buses to practice at a forest preserve/trails/state park (most likely Warren Dunes; final plans TBA), then swim and eat lunch afterwards. Plan on leaving at 6:45 am and returning around 3:00 pm.
- It is an unusual first week of practice this year to the calendar flipping back, in that we have only two days of practice before the first day of school on Wednesday, August 14. Teacher Institute Days are on 8/12 and 8/13, which is why we are practicing in the afternoons rather than the mornings. As noted earlier, the Varsity Group will have two practices on each of those days. Once school begins on the 14th, we will meet in the Fitness Center at 3:15 pm each day after school for practice.
- On Friday evening, August 30, we will have our Annual Parent/Athlete Kickoff Team Dinner. Details will follow. Note that this is Labor Day weekend this year.
- * **On Tuesday, August 20 at 7:00 pm, we will have our mandatory Parent/ Athlete Meeting.** Your parents will receive a letter from the Athletic Department regarding this mandatory meeting. The meeting will be at the high school in the senior cafeteria. Each athlete and at least one parent must attend in order to be eligible to compete on the team.
- Our first meet this year is a weekday dual meet on 9/3 at Oak Park-River Forest the Tuesday before the Hornet/Red Devil Invitational. The Hornet/Red Devil Invitational at KLM is on Saturday, September 7.
- **Please note on the attached calendar that we will practice on Labor Day, Columbus Day, and any Saturday mornings we do not have a meet.** These are required practices ... note again that Labor Day weekend this year is the weekend before our first meet. 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!
- **Please make sure you have a current, updated physical before August 12 and have completed registration on the Athletic Website. Submit the physical before the 12th to the Athletic Office or, at the very latest, bring it with you on Monday, August 12th. Both of these things must be completed before August 12!**
- **Please share this letter with your parents and also give them the attached Booster Club information and Season Calendar.**

It is going to be a fun and exciting season and I look forward to seeing you on the 12th! If you have any questions, give me a call before then.

Coach McCabe - (630) 920-8593; mmccabe@hinsdale86.org

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!