

Youth Summer Cross Country Program

Parent Information Sheet



Program Dates and Location:

- July 14-July 31; every Tuesday, Wednesday and Thursday from 10-11am. The group will practice on Tuesday and Wednesday and a meet will be held on Thursday.
- Andrew Reichenberger Walz will lead this program with volunteer assistance from local high school cross country athletes.
- Location (for practices and meets): Pioneer Park, 1500 River Road

The purpose of the Youth Summer Cross Country Program is to introduce Bismarck and area youth to the sport of cross country by:

- 1) Providing a fun environment where athletes are cared for and encouraged to do their best
- 2) Exposing kids to the team aspect of Cross Country (practicing as a team/scoring a meet/developing camaraderie/etc.)
- 3) Developing fundamentals of athletic movement and skill
- 4) Teaching basic principles of cross country running
- 5) Teaching basic principles of nutrition, the importance of sleep, and sport psychology

Practice Logistics:

Students will be broken into age appropriate teams. This will depend on the amount of program participants. The plan would be to group same age/grade athletes together in teams. Some activities in practice will be done as a whole group and some as teams.

Example of practice activities:

- 10:00 - Welcome and warm-up drills
- 10:15 - Specific running workout and/or skills
- 10:35 - Break and team building/special topics (i.e. nutrition)
- 10:45 - Running skill/general strength
- 10:55 - Dynamic stretching/mobility
- 11:00 - Dismissed

Meet Logistics:

If there are enough participants, teams will “compete” against each other. Scoring is achieved by adding the places of your top five runners. Even without teams, the meet could still be carried out individually. Parent volunteers may be needed for meet assistance.

Race distances and courses could vary slightly, but distances would range from:

- 800m - 1,000m for grades 3 and 4
- 1,200 - 1,600m for grades 5 and 6

**Race distances may also be dictated by the location we choose/the space available.*

We look forward to a FUN summer cross country experience for your child.