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SILVER HAWK CROSS-COUNTRY

For those of you who are interested in cross-country next year at Southwest High School, I would like to share with you a few points that I feel are important in making your cross-country season a most successful one.

- 1. Learn about you sport, your school and your coaches.** To do this you are going to need to show up. There is no other way to do this. Cross country is a TEAM sport as well as an individual sport. No matter how you "slice it" you are going to need to show up and run with your team and your coaches. **Beginning on Monday June 4th. Southwest runners and coaches meet Monday through Friday at 7:00 a.m. for group runs.** You say you want to be a team leader? Are you a new runner? You'll need to "show up." You want attention from the coaching staff? You'll need to "show up." You want to be the very best runner you can be? You'll need to "show up."
- 2. Sign-up for and participate in the Southwest Cross Country Clinic:** Be apart of the two week LSW Cross Country Clinic. This year the clinic will be **June 11th –June 15th (week 1) and June 18th-June 22nd (week 2), Monday-Friday 7:00-8:00 AM.** Meet each Monday of clinic at the LSW flagpole. Other clinic locations will be announced on the Monday of each week.
 - At clinic you can meet your coaches and the other runners on the team! Also we will have speakers and experts to help you understand your sport better and help you find out just what cross-country at Southwest is all about.
- 3. Establish a good, solid base.** In running terms, a good **base** means that you are going to run as many days of the week as possible, at a **comfortable** pace, in order to strengthen your legs, heart and lungs. For many of you, it may mean that you will run 3 miles a day, 4 days per week, while others may be running 6 to 10 miles per day 6 or 7 days per week. Many of the runners at Southwest meet at the school every day to begin their runs so that they will have running partners.

This summer we will again meet at the school at 7:00 a.m. at the LSW Flag Pole each weekday beginning Monday June 4th, 2018.
- 4. Build strength and conditioning by lifting weights.** During the cross-country season, we **will** make weight workouts an important part of our training schedule. We will also introduce everyone to our weight workout during the LSW Cross-country Clinics.
- 5. Learn to compete at longer distances by running road races.** A good hard effort at near maximum pace is good practice for any distance runner to incorporate into his/her training routine every so often. A good way to do this is to run either a 10K (6.2 miles) or a 2 mile road race. two-three Competitions over the course of the summer is a great way to check your training and have some fun. Hey, you get a t-shirt every time you run one of these races, so what's not to like.
- 6. Sign-up for a track camp.** It is *highly recommended* that you take part in a LSW track camp. Southwest will have a track clinic at LSW in June-July. If you are interested in attending a LSW Track camp, forms are available at your middle school and the LSW Athletic Office.

For All Important Pre-season Info Check Coach Salem's X-Country Web Site:
<http://wp.lps.org/rsalem/lsw-cross-country/>

Cross Country Championships are won in the summer!