

Paola Middle School Cross Country 2022



Head Coach: Katie Johnson

katie_johnson@usd368.org

Athletic Director: Amy Wright

amy_wright@usd368.org

According to KSHSAA rules, Cross Country runners may NOT participate in any outside races during the regular season outside of our team practices, activities, and meets. This includes 5k, 10k, and half-marathon fundraisers. Please keep this in mind when looking at races between August 15th and October 6th.

You must have a current physical on file to participate in summer workouts. Last year's physical will work until our first day of practice in August.

Summer Workouts:

The biggest determining factor for the success of a cross country runner is in how much he or she runs & conditions in the off-season. Runners should be running at least 2-3 times per week and slowly building mileage each time. This will prevent excessive soreness at the beginning of the season, helps runners acclimate to the heat better, and puts them at an advantage throughout the season. This will require athletes to run some on their own. Biking and swimming are also excellent for conditioning. Summer workouts are NOT required.

Summer workouts will begin Tuesday, June 14th and tentatively every Tuesday and Thursday through June & July, with the exception of July 4th - 10th. These will be at 9:00 am and we will meet at the track. They usually last about an hour and 15 minutes.

Summer Workout Dates:

June 14th, 16th, 21st, 23rd, 28th, 30th
July 12th, 14th, 19th, 21st, 26th, 28th

What to bring: Decent running shoes, water bottle with WATER & dress for the heat

Dates to Remember:

Tuesday, June 14th - 1st Summer Workout, 9 am
Monday, August 15th - 1st Day of Cross Country Practice, 3 pm
Thursday, August 18th - Parent Meeting, 6 pm
Friday, August 26th, T-Shirt Orders due to Mrs. Johnson
Wednesday, August 31st - Team Dinner

Meet Schedule:

September 1st - Garnett
September 8th - Spring Hill
September 15th - Wellsville
September 17th - Trail Ridge
September 24th - Ottawa
September 29th - Central Heights
October 6th - League @ Eudora