

**WELCOME RUNNERS AND PARENTS**

**2019 CARDEGLE CROSS COUNTRY SEASON**

Welcome to the 2019 Cardegle Cross Country Team. For those new to the program the team is a combination of St. Charles Cardinals and St Jude Eagles, hence Cardegles. In addition we have runners from Precious Blood and NHSJ also. Our goal as coaches is to improve each runner during the season, teach the sport and have fun all while continuing the Cardegle Tradition.

**Practices will be from 5:00 – 6:00 Monday thru Friday at Shoaff Park the first week starting August 12.** **(After that we will add a new location or two)**We practice rain or shine (unless lightening). Practice should generally last no longer than 1 hour so please plan to pick up your runner no later than 6:00.

Please be aware that cross country is a sport in which the participants are expected to train during the season to run the Indiana middle school 3k /1.86 mile competition against competing schools. Competitors range in ability and at a minimum, are expected to complete the 3K/1.86 mile course without walking in about 20 minutes. We heartily welcome all student-runners, and expect a wide range of running ability on the team, but for the overall monitoring and safety of the entire team during progressive training sessions up to at least 4 miles in length, the coaching staff expects all Cardegle participants by the 4th week of the official season and prior to the first competition to have developed the ability to fulfill the requirements of each training session and the 3K/1.86 mile competition without walking unless there is injury, sickness or otherwise directed by the coaching staff. We eagerly look forward to a successful 2019 season.

Our first meet is August 31st. A season schedule is posted on the website, [www.cardegles.com](http://www.cardegles.com) . All runners if eligible (keep those grades up) are able to run in every meet either as a varsity or junior varsity runner (Note: some meets do not allow 5th graders to run unless an exception is made but 5th graders still should have enough meets to compete in their first year). Every runner should plan to be at every meet so we can be at our competitive best. This is a team sport needing each runner’s contribution. As coaches we prefer this to be your primary sport and for you to make a commitment to the team at meets as well as practice. Practice is the only way to improve so plan to make all the practices as you would in any other sport*. (Of course, we recognize certain unavoidable conflicts may cause an absence.)* If you do not have spikes for meets we do have used spikes available to borrow. Feel free to ask a coach about shoes/spikes or any running questions you may have. When uniforms are assigned please take good care of them, they are very new!

**There are several important items to note:**

* **Please complete both sides of the Emergency medical information and the consent and release form and return ASAP. Also there is a concussion and sudden cardiac arrest form the school has asked to be read and signed. (These forms are available on the website).**
* **The fee is $45 per runner which includes participation fee and T-shirt. Make checks payable to Dan Kaufman**
* **St. Charles students only must participate in the Burger King fundraiser.**
* **Everyone must have a school physical on file to participate.**

Finally and importantly we will need several parent volunteers to help with assigning uniforms, to coordinate snacks and drinks after the meets and also we will need volunteers to help out with the Cardegle invitational later in the season. Just ask the coaches anytime for more information on volunteering. We will provide a list of runners with their phone numbers and parents when we’ve collected all that information. The season will end with an awards banquet which also requires coordinators.

We have our own website, [www.cardegles.com](http://www.cardeglescc.com) so you can check that anytime for updates, schedule, news, meet results, pictures and past history or to contact coaches by email.

**Coaches**

**Dan Kaufman** 485-5241 cell 414-6543 **Scott Reiling** 492-0123 cell 241-3395

**Dan Delaney** 420-1399 cell 443-6120 **Chris Kaufman** 485-2275 cell 414-6730

**Steve Leffers** 385-9365 **Tim O’Connell cel**l 417-2953

*Team Prayer*

*Lord, protect and strengthen me as I run today.*

*And grant me the courage and wisdom to always do what is right. Amen.*