

Try a Sport, Everything Else is Just a Game

Southington High School Cross Country – Fall 2015

Last year, over 80 athletes found cross country to be a good choice for displaying their athletic talents. A large portion of this team is made up of athletes who played another sport, such as soccer or field hockey, as a freshman. Many of them wish they had chosen cross country from the beginning. Most of these athletes found that their original sports were a lot more competitive and less enjoyable at the high school level, and that cross country had become a huge part of their lives.

Why should I consider running cross country in the fall?

(1) No sitting on the bench. Everybody runs. This is one of the only sports, where no matter your ability level, you will be able to compete at every meet (except for the championship meets). In fact, a number of the larger “invitational” meets have races exclusively for freshman and junior varsity runners. The program is designed to develop all runners, improving their race times and training distances, no matter how fast or far you have run before.

(2) Everybody can succeed. Nearly every year, both the boys’ and girls’ teams have competed for the conference championship. On an individual level, Southington runners have regularly earned all-conference honors and sometimes all-state awards. Last year 2 freshman even made the varsity squad. This is even less likely in other sports where upperclassmen have “established” themselves at certain positions. As a runner, you also can have personal wins on a daily basis that are very measureable – a best time in a workout or a course.

(3) The people are great! Both the boys’ and girls’ teams train, compete and socialize together. They are not separate programs. From picnics at Camp Sloper to pre-meet pasta dinners to bus rides and the end-of-the-season banquet, the athletes share all the experiences of the cross country fall season. You’ll interact with not only other freshman, but sophomores, juniors, and seniors, as well. Freshman also compete in their own championship each year and often have freshman only divisions. You’ll also have the opportunity to compete overnight in Philadelphia, New York or Boston next year.

What do I need to do to be ready to run cross country in the fall?

Cross country athletes need to condition themselves—to run consistently over time—in order to be successful as a runner. It is absolutely essential that training begin at the start of the summer. *A suggested program for freshman would be to run 2-4 miles every other day until mid June, working up to at least five days a week of 3-5 miles by the end of the summer. A week by week schedule will be emailed out by the end of June.*

That is just a starting point, though. Freshman who are interested in competing for a varsity spot would want to run more regularly and longer distances. If you have more experience email me and we can discuss an individual training plan. The team has regularly scheduled fun runs for teammates who want to run together over the summer. **More information on these will be sent out by the end of June.** **You will be also be assigned an upperclassman buddy to talk to throughout the summer about all things high school and XC.**



CONTACT INFORMATION

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Please e-mail me if you have any questions or if you missed the introductory meeting.

Check us out on Facebook – Southington Cross Country, Track & Field