

2011-12 Torrance Distance Team

Newsletter #1 (November)

What a great turn out this pass Wednesday! The first day was great & I look forward to a fantastic start. After seeing a young talented boys and girls cross country team, I know that with hard work and dedication we can have one of the strongest track team's that Torrance has had in years.

As we get into our pre-season grind in our base/strength training period, workouts can get really tough so it is important that you keep a few things in mind to keep your motivations high. You must always have your goals in mind, both short term and long term. Goals are what make you not only show up to practice every day, but excel at practice & give you the inspiration to do your best every day.

BRING A WATCH!!. So we can get your times and monitor your progress.

Please Please Please!!! If you plan to run and workout with us Email me with you're:

- First and last name
- Grade
- Your parent's email
- tell me if you ran XC & PR

Spread the Word

For those returning runners spread the word about this newsletter and website to new runners.

Week at a Glance 11/28-12/3

Practices will start at 3:30pm

Monday: 3 miles EZ, basketball, Ultimate Frisbee or any other ACTIVITY on your own

Tuesday: 3pm on track for Aerobic workout

Wednesday: 3 miles EZ, basketball, Ultimate Frisbee or any other ACTIVITY on your own

Thursday: 3pm on track for Aerobic workout

Friday: 3 miles EZ, basketball, Ultimate Frisbee or any other ACTIVITY on your own

Saturday: 8am TBD

Important Information:

-Clearance: In order to run you need a current physical. If you do not have one already make it a priority to make an appointment now to save the time and stress of doing it last minute days before race day.

-Hydration: Even though it isn't hot athletes need to pay even more attention to proper hydration. When it's cool your body loses a good amount of liquids without you feeling it or noticing. **YOU ALL NEED TO BE DRINKING A LOT OF WATER & NOT JUST AT PRACTICE.** You should carry a water bottle w/ you throughout the day & drink it & refill it often. You cannot perform at your optimum level without proper hydration. In addition to the above, try this extra hydration trick. Drink a big glass of water every time you brush your teeth! Hopefully that is at least twice per day.

-Absences: If you are not at workout, I need to know about it. Returning runners, if you are not going to join us this winter break, you will not be with us in the spring! Send me a message now so I can take you off the

email list & the roster. Unless you are in a winter sports and we have talked about it. Runners are required a minimum of 75% attendance & Email notification of when you are not going to be at practice. Don't expect to show up in the spring & be on the team if I have never seen or heard from you over winter break.

Let's start off with a bang!! Coach Ramos. Email: J_M_Ramos@yahoo.com

Don't know what is going on? NO EXCUSES! Check the web site. Read the newsletter. Email or ask a coach. Ask a captain. Call a teammate. Stay informed. You should be checking the website at least twice per week!