

## Summer Practice

**“For every finish-line tape a runner breaks -- complete with the cheers of the crowd and the clicking of hundreds of cameras – there are the hours of hard and often lonely work that rarely gets talked about.”**

### **-Grete Waltz –Former WR holder in the Marathon**

Practice will begin on Monday July 7<sup>th</sup>. Varsity will open the summer up with the annual Midnight Run taking place Sunday July 6<sup>th</sup> at 11:50 pm

June 9<sup>th</sup> – July 5<sup>th</sup> is the most important part of summer. Why would you build yourself up at the end of school to take a three week break and start all over again on July 7<sup>th</sup>? You wouldn't right? That'd be crazy. Get out and run. Explore. Stretch at the end of your run. Do it every day. If you don't run in the morning, run in the evening. It's great. We live in such a nice area. Get out and prepare to bring you're A-Game to summer camp.

Practices will be unofficial these three weeks and I will expect leaders on the team to communicate when and where unofficial practice will be held. **The June training schedule is on the website**, and as long as you run slow (listening to your body), stretch, hydrate and sleep properly, you'll get through just fine. Don't forget the importance of **rolling, stretching, hydrating and sleeping**.

The second Friday of Summer camp will be our first 1.5mi time trial. It will also be a Mammoth Qualifier and it's also a chance to earn a spot in the Varsity Morning Group.

This Varsity group will become a family this summer.

Some of the things to expect this summer: We are going to be running hills, we're going to the beach twice. We're going to double on certain days throughout the week. We're going to put Esperanza on the map this Fall. How hard are you willing to push yourself? Summer 2014, It's going down.

To be a part of this group, I will need commitment, sacrifice, and hard work. If you can't hang with the pace, if you show up late, if you can't commit or sacrifice your time to be here, I'm certain #11 and #12 want to be a part of this group. You will need to commit your summer, and you will be tired and exhausted. Expect to run a lot and eat a lot and sleep a lot. You will be learning life skills.

Top 10 will earn varsity top 10 shirts by summer's end.

Mammoth will take place August 1-9<sup>th</sup>.

Depending upon transportation and how it works out, (12-15 only will attend).

Email Coach if you have any questions or concerns: [Esperanzaxc@gmail.com](mailto:Esperanzaxc@gmail.com). Have a great summer.

Go Aztecs!