

## Parents Letter

### Summer Week 2 – June 12<sup>th</sup>- 18<sup>th</sup>

Hello Summer Running Athletes and Parents,

We had a good first week of summer running. Our current goal is to get everyone comfortable running 6 out of 7 days. The secret to being a good distance runner is **constant training = running regularly!!** Parents you can really help with this by encouraging your son or daughter to attend summer running on a regular basis.

Week 2's goal is introducing our acceleration program part of summer running that is being run by Coach Heisler (EGF TF) and Coach Beck (GFC TF). Also, this week we will be including more stretching into our post run exercises.

### Week 1 Key Items

- Wednesday June 14<sup>th</sup> Turtle River
  - 4 pm practice only – We will need parents to drive out to Turtle River
  - You will need to either buy a season pass, or a daily pass for your vehicle
  - We will stop at DQ in Emerado for ice cream, everyone needs to bring a couple of dollars
  - Arrive back in Grand Forks Approx. 6:30 pm

I will communicate with parents and athletes this year on a couple of different platforms:

- [GroupMe APP](#) – I will use this APP to post reminders of practice times, departure times for meets, meet schedules, cancellations for meets due to weather, and any other necessary daily announcements (GFC XC)
- [Knightrunning Webpage](#)
  - Weekly parent's letters
  - Athletes weekly mileage sheets
  - Practice schedule
- **Instagram – KnightrunningGFC**
  - Meet highlights
  - Announcements
- Email – [coach\\_allan@hotmail.com](mailto:coach_allan@hotmail.com) or [sallan070@mygfschools.org](mailto:sallan070@mygfschools.org)
- Cell phone – emergency – Sean Allan – 218-779-6541

Thank you

Sean Allan  
GFC Boys & Girls Head Cross Country Coach