

**To: Current and Future 7<sup>th</sup> and 8<sup>th</sup> Grade WRMS Cross Country Runners**

**From: Head Coach Jeff Pierce and Assistant Coach Christi Evans**

**Date: May 17, 2010**



Dear Cross Country Runners and Parents/Guardians:

We hope you are gearing up for a fun and relaxing summer! I know your coaches are! The Cross Country program is gearing up for its 3<sup>rd</sup> ever season in existence next fall. Our first two seasons were so successful that we now have even higher expectations. In only two seasons, other schools know Washburn Rural Middle School for our excellent runners, sportsmanship, and work ethic. We are also known for being the largest middle school Cross Country program in the state of Kansas. Our numbers keep growing!

As your coaches, we want to supply you with a way to “log” your daily activities throughout the summer. We know how much coming into the season already in good shape will help you when we start our first practice and workout as a team on Monday, August 16, 2010!

Attached to this sheet is a “Washburn Rural Middle School Cross Country Summer Fitness Log.” This fitness log allows you to keep track daily with activities you take part in, sports, and running/jogging. It goes week by week through the summer with daily entries provided for the activity you take part in and how much time. In place of time, you may also put miles.

Please keep track of this throughout the summer and do one of two things:

- 1) Bring to the first Cross Country practice filled out and give to Coach Pierce, or
- 2) mail each individual completed sheet to Coach Pierce when you finish it.

Coach Jeff Pierce  
Washburn Rural Middle School  
5620 SW 61<sup>st</sup> Street  
Topeka, KS 66619

There will be **PRIZES** for those of you who choose to keep track of this over the summer and hand them in. Each athlete who reaches their “Summer Running Goal” will earn a “WRMS Summer Running” t-shirt. If you have questions on how to keep track of your running log during the summer, call Coach Pierce on his cell phone at (785) 220-1116.

You may also visit the WRMS XC website at [www.wrms.net/teacher\\_web/cross\\_country](http://www.wrms.net/teacher_web/cross_country). There is lots of good information on this site and files for you to view. You may also print off more running log sheets.

We hope this “fitness log” helps motivate you to get outside and be active and run. Coach Evans and I are both looking forward to seeing you in the fall and working hard and having fun in Cross Country!

Thanks,  
Head Coach Jeff Pierce and Assistant Coach Christi Evans