

Ironwood Cross Country

Dear Runners,

I am so pleased that you have considered coming out for cross country this season at Ironwood High School. Attached you will find the calendar of summer trainings, a running log where I would like you to log your miles and food during your training time. I am also including some basic information about the sport of cross-country. Summer training, even though not mandatory, is very critical on how you will be prepared for the upcoming season. Our runners will meet on Mondays and Wednesdays at Ironwood for weight training and running training at 6 a.m. Fridays will be either at Paseo Park or Thunderbird Park. This is a great opportunity to meet the team and run with some great young athletes. We will begin this training on June 2nd.

Before you begin this adventure of summer training, you **MUST** have your physical and be registered on Register My Athlete before participating. Ironwood will be holding sports physicals at Ironwood on Saturday, May 10th. Information about appointments will be coming soon. You will also need to complete the Brain book and Opioid training on Register My Athlete.

If you have any questions, please contact Coach Terra Coach at tdodge@pusd11.net

Thanks, and can't wait to see you,

Coach Dodge