

2025 letter from the XC coaches:

Dear XC families,

We're very excited to be back at MHMS coaching Cross Country and are looking forward to welcoming back the old crew and seeing new faces!

Cross Country welcomes **all athletes** and there are no tryouts. Athletes should be willing and able to at least partially run one mile. Meets(races) are typically between 1.1-1.3 miles long.

Our program's main focus is getting kids **outdoors**, away from the distractions of cell phones and video games. Cross country running isn't easy. We try to make it as fun as possible by organizing games, serving popsicles and occasionally jumping into the ocean.

WEEKLY SCHEDULE:

First practice is on August 18 at Mission Hill followed by a parent meeting at 4PM.

Practice cancelled on: 8/20, 8/29, 9/1

Mega Mondays @ MH TRACK 3:15 PM-4:00 PM

Track warm up, speed work and conditioning.

Wilder Tuesdays @WRSP, main parking lot

3.30PM-4.30PM

Coastal loop

We need at least 2 parent volunteers to either run or bike along with us. Please let us know if you can help

Wilder Wednesdays @WRSP, main parking lot 2:15 PM-3:45 PM(approximately)

Engelsman loop. We need at least 2 parent volunteers to either run or bike along with us. Please let us know if you can help.

Make sure your athlete brings a water bottle that can be carried easily while running.

Treasure hunt and sandcastle competition dates TBD

NO PRACTICE ON THURSDAYS

Fun Fridays at the Pogonip(August 22)

@on top of Spring Street/Pogonip at 5PM

Family members and well behaved furry friends are welcome, too! Hike or run to the gate and back.

Check out this awesome video featuring one of our practices at Wilder:

<https://youtu.be/ctw02SIL084>

Races:

ALWAYS START AT 3:45PM

BE THERE AS EARLY AS YOU CAN TO WARM UP AND CHECK OUT THE COURSE

Friday 9/5 Host: SLVHS @San Lorenzo Valley High School, 7105 Hwy 9, Felton(meet past the snack shack and restrooms by the tree in the corner)

Friday 9/12 Host:B40@DeLaVeaga Park by the softball fields

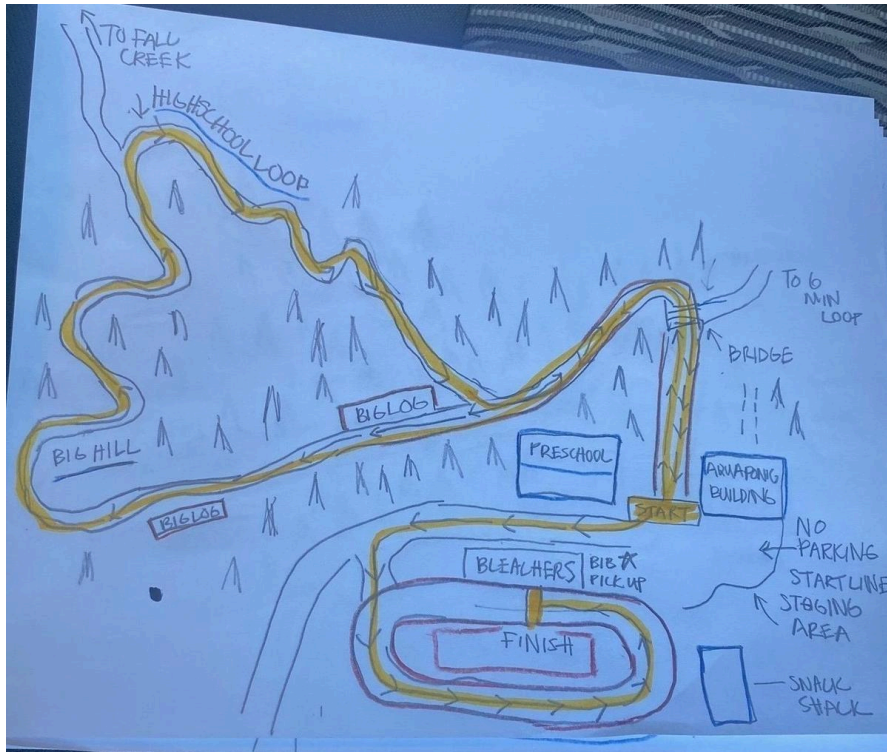
Friday 9/9 Host: SV@ Scotts Valley High School, 555 Glenwood Drive, Scotts Valley

FRIDAY 9/26 Host: PCS@Wilder Ranch SP. Parking fee applies(\$10) or park outside along Highway 1.

CCAL FINALS:

Friday 10/3 Host: SLVHS @San Lorenzo Valley High School, 7105 Hwy 9, Felton
SLV course map see below.

Attending meets isn't mandatory BUT we strongly encourage athletes to participate. Races are a huge part of Cross Country and an excellent learning opportunity.



Please make sure your runner is at the meet on time. Leaving right after school is a good idea. MHMS provides Maverick team jerseys. PE uniform shorts, dark blue or black shorts are all acceptable choices to wear at meets.

SAFETY: Our first priority is the health and safety of your child. We are coaches not doctors. If your child is injured please see a medical professional. Please send your runner with plenty of water and sunscreen. Be aware that we'll be running on trails. It is possible to encounter poison oak, ticks, insects and other unsavory pests.

PARENTS: We need your help during trail runs. It is very helpful to have more adults biking or running along. Please let us know if you can help. XC runners really appreciate food and drinks after a long practice. Donations of healthy snacks, popsicles and ice cold drinks are appreciated. Thank you! Last but not least: Cross Country running is hard. Please come and cheer your runners on at the meets- it means the world to them!

Go Mavericks!

Sincerely,

Christiane Posl and Dennis Vandermeer, Certified USATF LEVEL 1 TRACK & FIELD
COACHES and Certified USATF Cross Country Specialists