

Once again the time has come for the Jets Cross Country Season to begin its annual recruitment of dedicated Harriers! I am excited for the season – but hope that the heat and humidity fall before we start!

We had a great season last year despite our small numbers. Hopefully this year our numbers will be up again!! So invite your friends to come along.

At our practices we try to work on all aspects of the cross country race, distance, speed endurance, hill work and leg and core strength. The first two weeks of practice will be geared at building endurance for the race distances. After that we will work one day on a long continuous run and strength, and the second day alternating between speed endurance and hill work.

All of our practices take place at Secrest park – at Lincoln East HS campus. We meet at the Southwest corner of the parking lot (near the recycling area). This is where we warm up and stretch. We stay on the East HS campus for safety and to stay away from traffic.

Practices will begin the first week of September and we will run on Tuesdays and Thursdays from 6-7:30 (the first week or so we will only be going from 6-7 as to not over run anyone). The first practice will be September 4<sup>th</sup>.

I was hoping to avoid the football congestion at the high school, but as it turns out the best evenings for practice are also the best evenings for football games. So we will try to stay away from the track and away from Secrest Field as much as possible.

I look forward to hearing from you all and seeing you on the 4<sup>th</sup>. Please send me an email to let me know you are interested/will be joining us this year, and with any other questions. [sarafarrand@hotmail.com](mailto:sarafarrand@hotmail.com) & [sara.farrand@nde.ne.gov](mailto:sara.farrand@nde.ne.gov).

Welcome to Jets Cross Country!

Sara