WELCOME TO THE 2019 CROSS COUNTRY SEASON

Dear Ursuline Parents and Athletes,

My name is Jan Mitchell. I am entering my 30th year as the Head Coach of the Ursuline Cross Country and Track and Field – I am also the Head Coach of Iona Prep and I pride myself with the tremendous success of both programs! Over these many years our Ursuline athletes have done some truly amazing things and hundreds have gone on to compete at some of the finest academic and athletic institutions in the nation.

Probably very few of you have ever run Cross County or even thought about it, but it can truly change your life! Year after year our girls have achieved incredible things both individually and as a Team – we have won 22 League Championships, 3 Westchester County and 2 Section One team titles! To reach these goals our girls have learned how to train hard, dedicate themselves to making the Team better while also becoming great students at Ursuline!

If you are entering Ursuline for the first time in September and you are interested in being a member of Ursuline’s Championship Cross Country team then please contact me as soon as possible! I will email you workouts to do during the remainder of the summer. Prior running experience is not necessary – just a desire to work hard and help Ursuline have another successful season this fall. We expect a level of excellence yearly! There are no cuts on the Cross Country and we normally have a Team of about 40-50 athletes!

We expect this upcoming season to be one of the greatest in Ursuline history!

We finished 3rd in Westchester and last Fall and had 5 All-County selections!

WE HAVE A GREAT RUNNING PROGRAM AT URSULINE

AND YOU CAN MAKE IT EVEN BETTER

We finished the track season in June with 4 more All-American in the 4xmile – 3rd and during the Indoor and Outdoor track seasons we had 4 National Champions, 16 All-Americans, 5 State Champions and 22 medalists at States!

<http://nc.milesplit.com/videos/298171>

Interview video! – 2018 National Champions in the Distance Medley

<http://www.nbnationalsout.com/eprofile.php?event_id=3689&do=videos&video_id=247542> Race video – referred to as Koalas Track Club – wearing tops that are white in front and blue in the back! – 2018 National Champions in DMR

**Prior to engaging in any strenuous physical activity, students should have an annual/updated physical. Cross Country is a high school team. If any 7/8 graders are interested in joining this team, they must contact the Ursuline Athletic Director, Ms. Saxton, at saxtonk@ursulinenewrochelle.org as soon as possible to schedule state mandated fitness testing. There is more information on the Ursuline Fall 2019 Sports Tryouts web page.**

**Easy Run** – when you finish you should feel relaxed and not too tired.

**Moderate Run** – when you finish you are somewhat tired but not in distress.

**Hard Run** – when you finish you should be tired and it should take several minutes to recover.

Training Times – Mornings completed before 11:00 – DRINK A LOT!!!!!

Evenings don’t begin before 5:00 – DRINK A LOT!!!!!

Do not run during the peak heat/humid part of the day – DRINK A LOT!!!!!

Please try to vary the terrain on which you run – if you can run some trails!!!!

Get decent training shoes to run in – make sure they are relatively new!

Stretch – Stretch – Stretch – Stretch – Stretch – Stretch – Stretch – Stretch

YOU CANNOT RUN CROSS-COUNTRY INJURED – SO STAY HEALTHY

PLEASE ONLY RUN XCOUNTRY IF YOU ARE VERY SERIOUS!!!!!

Please email me the following ASAP – your email address to:

[jmitchell@ionaprep.org](mailto:jmitchell@ionaprep.org)

OFFICIAL STARTING DATE

August 19th – 9:00 AM at Iona Prep

Once again prior running experience is not necessary! A good number of new students attending Ursuline for the very first time have become impact cross country athletes immediately!

PLEASE EMAIL ME BACK THE CONTACT SHEET BELOW

Thanks so very much – enjoy the summer – enjoy your Ursuline experience! 30 years ago we began this Team when my daughter was in the 7th grade – greatest decision I have ever made in my life!

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRADE [September] \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL ADDRESS

[Print neatly below – make sure this is one that you check often.]

HOMETOWN \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

UNIFORM SIZE:

COMPETITION RUNNING TOP \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COMPETITION RUNNING SHORTS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you have prior running experience, please tell me a little about it!

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_