

Sayreville Middle School
boys & girls cross country 2017



Tryouts will begin Thursday, September 7th

Immediately following the end of the school day athletes should report to the P.E. locker rooms to change and meet in the hallway outside of the gymnasium.

Tryouts will end at 4:15

All athletes should be picked up by 4:30 in the front of the middle school.

Things to remember:

- All physical and clearance packets should have been turned in by August 1st to the main office in the high school
- Only when athletes have been cleared will they be allowed to participate
 - Dress appropriately (supportive sneakers and athletic attire)
 - Bring plenty of water

PREPARING FOR THE SEASON:

Run a minimum of 3x a week leading up to the season. Gradually increase your running by time or distance. EX: If you can run for 5 minutes without stopping, next time try for 6 minutes. If you can run a mile on the track without stopping next time add half a lap more or add one more block if you are running around town. Try to run early in the morning or after dinner when the weather is a little cooler. Drink plenty of water before and after your run.

I am looking forward to a great season! - Coach Anderson
(You can find me during the day in the Gym or Girls Locker room)