

Coronado Cross Country 2023

Dear Parent/Guardian:

My name is Mark Tondryk; I am the Head Cross Country Coach for both the boys and girls teams. I am sending out an update on what to expect this year. In 2022, both the boys and girls teams were very successful. The girls' team took 1st in the region after winning the region 9 of the past 13 seasons and placed 4th at the state meet as well. The boys placed 4th in the region and 9th at State. They have been in the state meet 15 out of the past 17 seasons. We lost a lot of valuable seniors but hope to find some runners to step up and fill those spots. I am also a Nationally Certified Athletic Trainer and have worked with athletes on professional, college, and high school levels. I have a B.S. in exercise physiology and sports medicine.

In order to prepare for the upcoming fall season in X-Country, we need to run over the summer. It is expected that you are in shape when we start meeting over the summer. Our climate is very hot and practices are very demanding, so be ready! We will meet at Paseo Verde Park starting July 10th. We will meet at 7:00 PM and 7:00 AM Mon – Thursday. Check the website to stay up to date on the practice schedule. Here is the website: http://tondryk.com/tondryk/Cougar_Cross_Country.html

The dates and times are subject to change depending on the majority of the runners' needs. If morning practices are more conducive due to job responsibilities, then we will switch to the morning. Make sure you bring lots of water. Practices will generally last one hour and 15 minutes. Please pick up your child at this time.

Varsity runners should be ready to go by the first day. You are expected to build your base during June and July. Speed workouts are not critical but longer runs at sub maximal speeds are very important. We need to push a little harder this year if both the boys and girls plan on going to state. In order to obtain our goal, running on your own before we meet is imperative. I suggest you call each other to set up dates to run with each other. In addition our X-Country leaders should take some initiative to get runners together.

Official Practice starts on August 5th. All practices from this date are mandatory. Failure to show up will result in removal from the team. Make sure you complete your physical packets online at Registermyathlete.com. They are due by **July 10^h**, **but you can get them in early. The school will be handling this process. If you do not have a completed packet, you will be sent home.**

Please make sure you notify me if you need to miss a practice. Times, days, and locations are subject to change due to the heat and any other unforeseen problems. **No one is to run in any road races once the season starts. The season runs officially from 8-5 to 11-4.** If you will be out of town please contact me in advance. My phone number and email are:

School 799-6800
Email tondrms@nv.ccsd.net

This year we will have out-of-state meets in Huntington Beach, California for all athletes if permitted. There is a \$ 400 goal for each runner to obtain that is going to California and \$200 for everyone that is not. All money needs to be turned in by **August 20th**. I will take the top 48 kids, 24 girls and 24 boys or a ratio more indicative to team makeup. In addition to donations we will need parents to assist at meets, chaperoning, providing food and drinks at meets for runners, and hosting team dinners. As far as transportation goes, when we have a bus scheduled everyone will ride the bus. Parents must sign their child out if they are not going back on the bus.

Please feel free to contact me with any questions at

799-6800

Thanks,

Coach Mark Tondryk