



Cost & Registration: A \$20.00 charge will cover race performance shirts and any additional costs. Please use this link to register. [Registration Link](#). Registration payments will be handled by parent volunteers, Smriti Mohan and Gina Watson. Payment can be made by check or cash. Please write checks to: Ink Frenzy and include the name of your child on the check. If the registration cost would prevent your child from participating, please let us know.

Welcome:

Greetings!

I am excited to share the joy of running with your little one this fall! The focus of this season is to expose the littles to the sport of cross country while cultivating confidence as runners and as people through positive age-appropriate experiences.

My background in running includes collegiate running, marathon running, and coaching cross country and/or track for elementary, middle school, and high school athletes. I have also been a secondary history teacher with the Chelsea School District since 2001.

This year I will only be coaching the 3rd & 4th grade group. I look forward to meeting you and your child!

Gina Watson (Mom of August Coon-6th grade & Allegra Coon-4th grade)

The Vision:

The goal: Have fun, exercise, get fresh air, grow confidence, and learn the sport of cross country.

The plan is to create a cross country sport experience for elementary students that follow existing youth sports models. The schedule has one/two practices and one competition per week. The practice workouts and race distances have been scaled down to more age-appropriate distances. For example: High school runners race 3.1 miles. Middle school athletes race 1.5/2 miles. Our races will be no longer than 1 mile. Also, like other youth sports, parents wishing to help are welcome and essential for a smooth race and practice experience.

Please contact me @ 517-605-8898 or ginawatson99@hotmail.com if you are interested in herding children at practices, setting up and taking down for races, handing out place cards, recording times, or organizing healthy post-race snacks.

XC Schedule 2023:

The race schedule for all students is listed below. All grades will race on the same day and time, at the same location. The practice schedule for 3rd & 4th grades is listed below. Practices will be held at Emerson School. The practice schedule for 1st & 2nd grades will be announced soon IF we find a parent volunteer coach.

<u>Date</u>	<u>Time</u>	<u>Location</u>
Monday – 9/11	3:30-4:30 **	3rd & 4th Grade Emerson Practice
Monday – 9/18	3:30-4:30	3rd & 4th Grade Emerson Practice
Wednesday - 9/20	TBD	Race @ St. Paul
Monday - 9/25	No Practice-Yom Kippur	No Practice
Friday – 9/29	TBD	Race @ Emerson Homecoming
Monday – 10/02	3:30-4:30	3rd & 4th Grade Emerson Practice
Wednesday - 10/04	TBD	Race @ Emerson
Monday - 10/09	3:30-4:30	3rd & 4th Grade Emerson Practice
Thursday - 10/12	TBD	Race @ Chelsea*



* Directions: The Chelsea Schools Transportation 14138 E Old US Hwy 12, Chelsea MI 48118. Park in the lot on the left side.

Practice: Students can check in with after care from 3:00-3:30. I recommend sending kids to school in their practice clothes and shoes. **Send a water bottle for practice.

Things To Know:

Sleep & Nutrition

Send a labeled water bottle and healthy snack:

If your kids are like mine, they never eat their lunch at school. A healthy snack before or after practice may stave off a hangry drive home. Each runner needs their own water bottle. We will not have water bottles at practice.

Sleep, sleep, sleep is so important for school, athletics, and overall behavior. Get those kids to bed at reasonable times!

Attire

Lace-up tennis shoes and weather-appropriate gear:

Your little runner should be prepared to run outside **every day**. Thunder, lightning, and tornadoes are the only things that will keep us inside. Running in rain, mud, and snow flurries are half of the fun. For these reasons and the unpredictable nature of Michigan weather, send clothes for ALL types of weather. As a runner, I always have gloves, t-shirt, shorts, long sleeve T-shirt, running tights/long underwear or sweat pants and a hat with me. Rain, water bottles, or sprinklers result in wet kids at the end of many practices. Send a change of clothes so your kiddos are not wet & cold riding home in your car. Kids will be fine running in the rain, it is after the run, without a change of clothes, that they can become chilled.

Tip: Stuff wet tennis shoes with paper towels to dry them out.

Tip: Do not get mad at your runner if they are muddy. I probably encouraged puddle jumping!

What is cross country?

Cross country running is a sport in which teams and individuals run on open-air courses over natural terrain. Distances vary by age level. Cross country courses can be found anywhere, around schools, golf courses, on trails, fields, through woods...anywhere. When you become a runner, you join a world community of amazing people.

Behavior

To foster a positive fun environment, ethical and respectable behavior will be expected at all times.

If you have any questions or concerns, feel free to call me @ 517-605-8898 or ginawatson99@hotmail.com I am excited about coaching your child and look forward to meeting you soon!

Gina Watson

Adults call it "working out." Kids call it "playing."

Kids have the best running style. It's not smooth. Not graceful. But there is a classification for their kind of gait. IT'S CALLED HAPPY!