



# GREENBRIAR CROSS COUNTRY

Hello to all Greenbriar Cross Country Runners-

My name is Tom Clark. I am one the guidance counselors at Greenbriar and I will be your coach for Cross Country this year. I am excited for the opportunity to work with our Yeomen runners.

We will begin our practices on Monday August 7<sup>th</sup> at Greenbriar at 8:00. Our practices will be in mornings to beat the heat. We will typically practice until about 9:15 each day. Almost all practices will be at Greenbriar, though we may have a few practices off site to get some work running hills. Any changes to practice time/location will be communicated well in advance.

Please make sure you have completed your physical and your parents have completed all the necessary information in final forms before our first practice on Aug 7<sup>th</sup>.

You can make the first few practices easier on yourself by beginning to jog/run on your own starting in the middle of July. It can be as simple as jogging around your neighborhood. I would recommend running in the morning or evening to avoid the heat. If you are an inexperienced runner, it would be best to begin with a combination of walking and jogging. Any training you do will make the start of practice easier for you.

I will reach out to all the team members via email over the summer to confirm practice dates and times. If you have any questions, do not hesitate to reach out to me at [clarkt@parmacityschools.org](mailto:clarkt@parmacityschools.org).

Looking forward to a fun season,

Coach Clark

