“Winners never quit and quitters never win.” ~ Vince Lombardi

Official Practice begins **August 19** in front of the high school in the circle at 15:30. To be able to practice you need to have a recent physical (2014). Please bring a copy of the physical assessment to Coach Anglim at practice.

**Champions are made in the off-season!** Vilseck High School cross-country placed 3rd last year at Europeans, and could very well place again in the upcoming 2014 cross-country season. This can only happen if those veteran runners and upcoming prospects step up and train hard in the off-season.

If you still haven’t, join the Vilseck Cross Country facebook page and check out <http://artanglim.weebly.com/xc.html>!

**Runner’s Rules⎯live by these!!**

1. **Stretch!** Always stretch before and after running, 20 seconds per stretch.
2. **Stick to a plan.** Use a training schedule and stick to it. This should also help you get out the door. The training plan below is one that you should use over the summer. It is designed for intermediate to advanced runners.
3. **Drink and eat healthy!** Drink lots of water before and after you run, especially when it is hot! Avoid sodas, energy drinks, etc. **EAT HEALTHY!** This cannot be stressed enough! Eating healthy is the only way to reinforce the gains you will make this summer, and junk food will only slow you down. If you are going to have an unhealthy meal, limit yourself to one serving.
4. **Avoid old shoes.** If your shoes have over 300 miles on them (one season in cross country/track) change them out with new ones. This imperative to preventing injuries!
5. **Don’t be lazy!** Even if you aren’t feeling motivated one day, at least go out for a 30 minute run. You will feel a lot better once you get going.
6. **Listen to your body.** Obviously, the rule above doesn’t apply if you are injured. If you NEED to, take a day off, but make sure you are injured and not just sore.

 We will run in all weather during the cross country season so be prepared! And once again, it can’t be stressed enough, **eat healthy**!! Reinforce the gains you will make this summer! Have a great summer, and run hard, but run smart!

“To give anything less than your best is to sacrifice the gift.” ~ Steve Prefontaine