

Cross Country Invitation

This is your personal invitation to join the MHHS Cross Country team. **We meet every day at 3:15 in the stands next to the track.** You are receiving this invitation because I have heard about you from a former coach, a fellow student, or a current teacher. Our team would be delighted to have to as a member.

First things first. I will not ever make you run more mileage than you can handle. While some of our Varsity members will put in long runs, I have had runners in the past that only run around 2 miles because that is where they are at in terms of their training. I will ask you to run what it takes for you to be successful in obtaining your goals, whatever they may be.

Feel free to come out to pick up information at any time; however, you must have completed a sports clearance packet and turned it into the Finance office before you may workout with the team.

BELOW IS AN INTRODUCTION TO OUR COACHING STAFF AND OUR
TRAINING/SUPERVISION POLICY.

PLEASE SHARE THIS WITH YOU PARENTS

Coach Sharp- 1st year math teacher and Head coach for MHHS Cross Country. Coach Sharp has coached for the past 5 years as both an assistant and head coach in the Escondido school district. Coach Sharp is originally from Washington where he was the member of a Kennewick High team that was ranked 8th in the nation. After high school Coach Sharp ran for Boise State University. 290-2700 x3480 ryan.sharp@smusd.org

Coach Sirimanne- Math teacher and Assistant Cross Country coach. Coach Sirimanne is an avid runner with many years of training experience. He is also the freshman basketball coach and is regarded among the staff as an incredible talent. His positive outlook and wonderful set of skills in both motivation and experience make him a huge asset to our coaching staff. 290-2700 x3855 shehan.sirimanne@smusd.org and www.sirimanne.com

Coach Lam- 1st year Chemistry teacher and Assistant Cross Country coach. We are very fortunate to be one of the few teams in the county with a female coach on staff. Coach Lam is a great addition to the staff as she has competed in many marathons and brings many years of running experience and expertise in the field of injury prevention to our staff. She has recently had a hip surgery and thus will be riding a bike to supervise the team on their runs. 290-2700 x3555 tuyet.lam@smusd.org

SUPERVISION

The safety of our athletes while they are training with the team is at the forefront of our minds when planning our workout and supervision techniques. The mileage that the team regularly puts in during a week often requires us to leave campus to perform these workouts and continue to be successful. As a general rule we often have running routes that allow us to move easily amongst the team and make sure no one is hurt, or having a medical issue. A typical run (an out-and-back run as opposed to a loop) would have 2 coaches floating from the front-to-middle and back-to-middle, then as the athletes make the turn repeating the process. Coach Lam would also be floating along the route with her bike to further insure that there are no problems, and to supply water to athletes if the workout may require it.

Any Apparel, Hydration, Equipment, or Nutrition question will be answered by a packet that is given to the students the first day that they arrive at practice.

If you are interested, please have parent sign this invitation so that we know that they have seen this information. _____

Looking forward to seeing you, the MHHS Cross Country Staff