

**Indian Peaks Running
Winter Conditioning 2013**

Through teamwork and good sportsmanship, participants are introduced to year-round fitness in an environment that fosters a life-long interest in physical activity.

Welcome! Thank you for joining us for the 2013 Winter Conditioning Program. It promises to be full of fun, running and strength work!

Practices will be on Tuesdays, Thursdays, and Fridays, 3:45 pm – 5:30 pm, beginning and ending at the Nederland Community Center. There is an after school bus route from the Middle/High School to the Community Center, so make sure to get on the ‘runners’ bus for practice.

Being **ready for practice** means that athletes will be on time for practice and have a wrist watch; running shoes; appropriate clothing for exercise and our *winter* mountain afternoon weather; pre- and post-workout clothing such as sweatsuits; and water and healthy snacks. We will be outside AND inside most days, so gloves, hats, something reflective and/or lights are good ideas.

Communication with Coach Jen will be very important throughout the season. She can be contacted before, during and after practices and anytime via phone/text, 303-475-3947, or e-mail: jen@indianpeaksrunning.org. Our website will be a good source of timely season information as well as e-mail. Be sure to check our webpage regularly and make sure Coach has your e-mail address (-es).

Please make sure to read and keep in mind the information on the Athletes’ Expectations’ Form as those are important to the strength of our team and practices for the season.

We will be using a number of training tools through the season. To begin, I need every runner to set goals. Detailed instructions for goal-setting can be found on our website www.IndianPeaksRunning.com. Please complete, detach, and bring to our next practice the form below.

HAPPY RUNNING!

1. **My goal for this season’s XC practices is:** _____

2. **My goal for this season’s XC meets is:** _____

3. **My goal for being a student-athlete is:** _____

My Name: _____

My signature: _____

Today’s Date is: _____