



Dear Cross Country Families and Athletes,

We are looking forward to a wonderful cross country season! Our coaches this year are Coach Daniel Huttenlock and Coach Renee Swider. Cross country is a no-cut, co-ed sport that goes from the first day of school (August 20) through our Saturday, October 12 sectional meet. Our typical daily schedule involves practice at Wheaton Christian from the end of school (3:40 on the athletic fields) until 4:45 on Monday through Thursday. Our Friday practices are optional "Fun Friday" practices, where we will do some fun running games for those who are free to join. Participation in these Friday practices is encouraged, but we are flexible during a busy fall season.

What do athletes need to participate in practice? Paperwork, shoes, comfortable attire, and water. Make sure all paperwork is into the office: physical, concussion, travel, driving, etc. For athletes, a good pair of running shoes is necessary for participation. If you are looking for some guidance on purchasing a pair, try Dick Pond in Carol Stream, IL (on St. Charles Rd just west of Pleasant Hill Road). Cross country spikes are not necessary, but these can be a good option. Know that spikes would only be able to be used at a few meets throughout the season because most of our courses have some pavement which makes the use of cross country spikes difficult (they may end up being used at only one or two meets). Comfortable running attire is necessary for participation in practice. I always remind athletes to dress for the weather, and eventually make sure there is a warm sweatshirt or jacket with their things for running outside. Believe me, even though we begin in the heat, we usually end in the frosty cold! A uniform and a team shirt will be provided for our participation at meets. The uniform will be returned at the end of the season, but the shirt will be for the athlete to keep. This cost of the shirt will be billed to student accounts. Lastly, have athletes bring a water bottle to practice. On hot August and September days, we do not always have time to go inside for water. Athletes should plan on us not going in for a water break. This helps us to get a full practice in a timely manner.

A more detailed schedule will be available once it is solidified with participating schools, but expect about one meet a week and practice every day rain-or-shine. If the weather is bad, we can usually find a way to practice indoors. The exception is if we have poor weather late in the season, we may choose to cancel practice to rest and prevent potential injury from the impact of running indoors.

Please let me know if you have any questions on this upcoming 2019 cross country season!

Blessings,

Coach Daniel Huttenlock

dhuttenlock@wheatonchristian.org
cell: (630) 390-8094

