

VENTURA HIGH BOYS CROSS COUNTRY 2005

Dear Parents and Athletes,

Thank you for your interest in Ventura Cross Country. This is my fourth year head coaching the boys. In the last few years the boys varsity team has made significant improvements, moving from 4th place in league in 2001 to 2nd place in league in 2003 with a record of 10-2 to an undefeated season in 2004. The JV team has also improved as the team has grown, earning a record of 10-2 in 2003 and going 12-0 in 2004. This year's number of interested freshman is higher than last years' record and the team is excited to meet the new runners.

Many people have wondered if there will be cuts made. Cross country is a demanding yet rewarding sport. Athletes of all abilities are able to compete throughout the majority of the season. Runners who are committed to hard work and practice will make the team.

In order to attend any organized practice the athlete must bring a completed white physical card and a completed yellow emergency card to Coach Cruz. There is also a \$25 summer workout fee. The money is used for gas, park fees, drinks, ice, and food. I used to cover these costs myself, but as the program grows I can no longer afford it.

Enclosed is the summer calendar with suggested and scheduled workouts. If you are in town and able to attend, summer practices are a great opportunity to get in shape for the upcoming season and make connections with your new teammates. If you are unable to attend scheduled practices due to prior commitments, completing the workouts on your own will help you prepare for the season when school starts. There is a 3 week "dead period" during which the coaches may only strength train with the athletes. Oftentimes the runners will organize their own practices, however you are not required to attend these workouts. You may enjoy running with your teammates more than running by yourself. Strength training sessions are TBA.

Three weeks after returning from "dead period" the coaches hold a running camp in Mammoth. Participation is by invitation only. While it is a fun trip it is also physically taxing. Therefore only athletes that can handle the workload can attend. Invitation is based on participation in practices, running fitness, potential to score on Varsity and JV teams (top 12), and overall contribution to the team. Over the last 3 years few incoming freshman have attended Mammoth Camp. It is important for those staying in Ventura to train on their own. The price for camp is \$200, which includes lodging, food, and transportation.

School starts August 18th. During the school year practices are held Monday through Saturday. Practice times will be on the school year cross country calendar. Practice usually ends around 5:00 pm during the week. Saturday practices are generally between 7:30 a.m. – 10 a.m. or 11 a.m. These practices meet either at San Pedro Street by the entrance to the state beach for a bike path run or at the VHS track parking lot for a Sycamore Canyon run. There are also many Saturday meets, which last at least ½ the day.

Again, thank you for your interest in Ventura High Boy's Cross Country. While we work hard, we also have a lot of fun. I am looking forward to the 2005 season and expect the team to continue growing in depth and quality. If you have any questions please feel free to contact me at 648-4352.

Sincerely,

Tyree Cruz, VHS Boy's Head Cross Country Coach