

## Cal Middle/Sutter Middle Cross Country Club 2017

**What is cross country?** Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain.

**What makes running fun?** Your first thought is that this may be a lot of running. Well, you're right it is. However, once you get used to the running, it is actually loads of fun. What makes it even better is that you get to compete and grow with your friends. It is all about finding out what kind of a runner you really are. So, if you're ready to learn strategy and form as well as getting stronger, faster, and in better shape, why not join? What do you have to lose? Other than your legs of course...

**How much running will you actually do?** Every day will be a different type of run. This will include hills or overpasses, long runs up to 5 miles, interval or speed endurance, tune-up or medium runs up to 3 miles, and short recovering runs. I guarantee that you will become a strong runner and a strong person. Races are 1.4 to 3.1 miles.

**Who is the coach?** The coach is MarQuan De Bise. This will be his first year coaching cross country, but not his first time coaching a running type sport. He has had the pleasure of being an assistant coach of track & field at John F. Kennedy High School where the school won their whole division in the 2015-2016 season and came very close to repeating in the 2016-2017 season. He also started his first year head coaching the track & field at Sam Brannan middle school where he developed some very well rounded athletes.

**First time runner?** There is nothing wrong with being a rookie. You have to start from the bottom in order to reach the top. Coach MarQuan understands that it is a process and that everyone has a different background, work ethic, and growth pattern. Everyone will be treated with fairness and patience. All you have to do is try you best and you will yield results. You might actually turn out to be a natural runner.

**When do practices start?** Practices will start on Tuesday, September 5<sup>th</sup> at 3:30 pm at McKinley Park. For more information on the whereabouts of practice, Coach MarQuan can be contacted at 916-261-3680 or via email at [marquan\\_debise@yahoo.com](mailto:marquan_debise@yahoo.com).

Meet in front of the amphitheater for Land Park practices, and in front of the pool for McKinley Park practices.

### **Practice Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
Land Park	McKinley	Land Park	McKinley	1/3 week LP 2/4 week MCK

Parents are responsible for arranging rides to/from practice and events. It is extremely important that students are prepared with the appropriate gear for each practice and event. Students should wear comfortable running shorts, t-shirt, running shoes, and bring a water bottle to all practices and events.