

Dear Runners and Parents:

My name is Mike Foster, and I will be a new teacher at GCJHS next year. I will also be helping out with the cross country program in the fall. I have seven years of prior cross country and track coaching experience at the middle school level in Indianapolis, and I am excited to begin working with the student athletes here in Greenfield. I would like to offer an optional summer conditioning program for the Cougar junior high cross country runners. This is a great opportunity for athletes to stay in shape over the summer and get ready for the upcoming fall cross country season.

The cross country program at GCJHS is open to all incoming 7th and 8th grade students, and we would love for the 2015 season to be the best ever. If you have friends that did not receive this letter and would like to give running a try, please feel free to bring them along.

We will be meeting every Monday and Thursday at 8:00 AM from June 15 to July 23 at the GCJHS track. These sessions will last one hour and will include a warm-up, stretch, running workout, and a cool-down stretch. There is no cost to participate in these workouts. Drinks will not be provided, so please remember to bring water or a sport drink. All athletes must have a physical on file dated on or after April 1, 2015, to participate in the summer program.

Athletes may participate in optional summer runs or not; this is completely up to you and your parents. If you are interested in participating, please call or email:

**Mike Foster**

**(317) 748-8039**

**Mkfoster1978@gmail.com**

I hope everyone enjoys their summer, and I look forward to seeing all of you on June15 or in the fall.

Sincerely,

Mike Foster

Mike Foster

GCJHS Cross Country