

Spring

2024

Dear Parents,

We hope you are having a wonderful summer with much relaxation and fun. We can't help but become excited thinking about the upcoming cross-country season. Once again, we have a fantastic group of young women who have expressed interest in the sport.

In order for your athlete to have the most successful season possible, it is important that she condition during the summer. It will not only help her to be more successful once the season begins, it will allow her to become acclimated to the hot summer weather. Please share the enclosed training schedule with your daughter and encourage her to keep track of her workouts. **This will be helpful as we assess each runner's experience and ability and assist her with her training in August.**

Thank you in advance for your support. We are always amazed at the encouragement and enthusiasm of our cross-country parents. Please feel free to contact either of us with any questions or concerns that you might have.

Sincerely,

Kristin Phillips

Middle School Girls' Cross Country Head Coach

Kristin_phillips@brentwoodacademy.com

(423) 475-2051

Elizabeth Walker

Middle School Girls' Cross Country Assistant Coach

(615) 417-1802

PLEASE HAVE YOUR DAUGHTER E-MAIL OR CALL TO LET US KNOW THAT YOU WILL BE RUNNING IN THE FALL. THANK YOU!