

Springfield Lutheran Coop  
Cross Country Coach: Ashley Garrett at ashhhh87@yahoo.com  
Team Teach please download for communication.

Ms. Ashley Garrett wants you to join the group, Springfield Lutheran Highschool/Pawnee Co OP XC in TeamReach app.

Instructions:

Install TeamReach on iPhone : <https://apps.apple.com/us/app/teamreach-team-management/id1101253705>

Install TeamReach on Android

: <https://play.google.com/store/apps/details?id=com.teamreach.app>

Enter code: 545455

Coach Ashley

Message from Coach Ashley

Hi, everyone!

I want to take the time to introduce myself!

I am Ms. Ashley Garrett, the Cross-Country coach this year for Lutheran High school and in the works with a Co-Op with Pawnee High school and Calvary. This change is an exciting opportunity to expand our team.

I am pleased to have our reoccurring veteran athletes in addition to meeting our new incoming runners from "LuHi" (Lutheran High School) and Pawnee High school. We had a meeting at LuHi, and we decided on 3 weekdays to meet. Anyone who didn't have their input will also be considered to make us fit

in our summer running as a TEAM instead of just running on your own is the idea. It can be a different type of running with others. The practices are optional, and we can make changes to suit summer work/vacation schedules myself included.

The practices will be the following for the Summer...but can be subject to change if needed.

Days:

Mondays: 5:45 pm-7pm

Fridays: 5:45 pm-7pm

Saturdays: 8 am- 10am

Location for Mon. & Fri— "Old Lutheran High School" LuHi

Location for Sat. ---Place of choice we all decide (if parents are okay with this)

Extra info...

The 3 rd running day that I put for Friday we may have to just do just 2 practices as a team subject to what feedback I get on the first practice to see if Friday's will work with everyone.

If I can't get a day for enough people, we will for sure do Mondays and Saturdays

as said above. I will keep everyone updated with The APP Teach Reach weekly of the plans.

Anything more at length will be email.

I will make a phone tree with everyone's email and information that we had in the past.

I want to formally introduce the new assistant Coach Rich Harkins. He will be helping for the times of driving the bus and the overlap of when I am off my first job at SIU Simmons Cancer Institute in Springfield to where we meet for practice. I work 8 am-4:30 pm. Monday through

Friday and taking off meet days and anything else needed for the Team. But my assistant coach will fill in the gaps as needed.

I will keep you updated with anything in between on the app of what is going on so please make sure to turn on notifications for this app, so you stay updated with what is going on in enough notice. I will try to give as much notice as possible. When the season starts in Fall, I will be using the app to communicate about the times of races, the dates and upload important information. This includes the maps of the course location etc. and your results and any type of documents of importance unless it is more fluent through email. If there is any trouble with using the app per say I will just do a group text, but it seems more logical through the app and email for most of communication. I am looking forward to how practices will help your confidence and improve at a different rate than last year. We will also be doing strength training each day of the practices after we are done running. This will help prevent injury and when the season starts, I want you to do this on your own. I will guide you on that and what exercise to do. There is also free membership through the Planet fitness, and you can go there if you want to add additional days or if for some reason, we didn't have time the day we run. I will be sending a calendar that shows our workouts I want you to do on your own the days we do not run. Take 2 rest days a week and work your way mileage upwards. I want to build up to 5 days a week all depending on if you came from a sport or not. With your schedules your rest days all may be different and running times that you do on your own. The individuals who have come from a sport will be more ready for the longer workouts, but we do have to understand cross country is a different type of workout with consistent running. I will further explain this to you at practice of how to work up our mileage without getting hurt. If for some reason you are a person who has been hurt in the past, I want you to incorporate biking and light strength training at home to build that muscle around those weaker areas. This is just some of the information I will give you the rest when I see you about all those topics. If you can as a team, I want you to take the chance to run 5k's, 10k races if you have been running and like that distance. I will post the ones around the area or if we want to go other locations.

I will also run them with you if you are comfortable with that for support.

Any races that can be a discount I will let you know. I will also attach the code for Team Reach and have the athletes and parents be part of the app. Any person who doesn't have a license we will work it out to do the transportation and sign papers if we need to for being able to do transport from one place to another without the bus. I was also told that we are trying to recruit more athlete's by posting to Facebook groups (an athlete is helping this to a group for

LuHi) and word of mouth and potentially posters or something to promote our Team. If anyone wants to make posters or help me let know! I was just trying to come out with ideas to give information and put the contact information on the walls of both schools to get more athletes.

If any staff members can recommend our sport, it would be greatly appreciated by any forms of communication. I am going to start a Face book page for cross country as well as a group. Allow me time to get that all situated. I want to make sure we know all the information for athletic wear for this year. I will forward the dates and when we need the money by the certain dates. This will be attire for the kids and family members both can be ordered.

I wanted to do car decals orders that we can have for our TEAM.

I think that would help promote our name and the program and it can show our expansion and recruit the eyes of others. It may be a fee, but I will find where most go to get the best deal. I will set up meetings as needed for us to all discuss things as needed that may be just the athletes or the parents, so we are all on the same page with us living in different places with the Co-Op. That way everything is fair and easier for everyone.

There are discounts through the Running Center in Springfield for shoes. If you need any help with obtaining this for proof of being on the team to utilize that let me know. You can get spikes for the course as well and I have some recommendations if you want to. Some people do not like spikes or some of the gear that is offered but I have my advice if you need steered in the direction if wanted. Those can be discounted as well when prior or during the season.

Wear headphones or use your phone if you want to and have a smart watch if you can. I do have 3 of them if you need to borrow one, I don't mind. This helps keep track of our times and keeps us on track. But this is not a necessity but more of a recommendation.

Bring water and Gatorade to practice making sure we are plenty hydrated and make sure you are eating proper nutrition before doing our practices and before meets. I will try and bring my Gatorade when I am able. Bring snacks as needed for the meets and practices with a lunch bag and ice/icepack if needed. I can put anything in my car from school such as water bottles, shirts, keys, phones and what is needed just let me know.

You are more than welcome within reason unless specified otherwise to wear what you feel comfortable in within reason and with parents' allowance with the weather being very hot.

I will plan shaded areas for what we need to and accommodate for that as needed.

Hats can be worn if it is raining. If it is bad weather according to IHSA standards is when we would not be having practice. With the cooler weather we recommend tights and or compression shorts for the uniforms. Wear accordingly to what changes will happen with the weather and a sweatshirts, shorts, t-shirt, pants and extra socks. I have wind pants for when it gets cold if they are wanted and wind jackets with our mascot logo.

I also need to know your sizes. If you want to wear certain attire, we must follow IHSA guidelines.

If it is pouring rain and will not stop, I won't have practice and will post on TEAM REACH of canceling or alternatives to the practice location.

I will be letting you know of the start of the official season and uploading the meet schedule on Team Reach. Don't forget during the Summer is the dead week before we start the season. There will be no running the week of August 5 th - August 11 th . And we when the season starts cannot participate in any races when the season in August begins according to IHSA.org.

I want to make sure you also for results can see at athletic.net and can join Lutheran High school. If you have troubles with this let me know.

I am always up for feedback from anyone, and I want this to be smooth sailing and have a fun year of cross country running. I cannot wait to see what 2024 will bring.

Thank you for taking the times to read all this information and if you have any questions I am here to help and guide you all through a successful fun season of cross-country.

I would like to start our first practice on June 8, 2024, at 8am and then begin the dates as stated above. Please athletes and parents I want you to stay after practice to meet with any questions and for us to meet for some of you the first time. This will go on after practice until 10:30 or when we feel like everything is talked about. If this date doesn't work let me know and I would like feedback on a date that will be better for you all and I will come up with a time from everyone's schedules. It will more than likely be at 5:15 or 5:30 right before practice or a Saturday after practice.

That means starting Monday, Friday and Saturday repeat and running on your own the days you cannot make it and refer to the calendar I post. That will only change above if we discuss other days that will be more accommodating to our summer plans. Until I post the calendar, I want you to work up to 3 miles. If you are there then we will have another plan. But I will be telling you want to run verbally until I post the calendar because everyone may have different needs with where they are with who has been running if that makes sense. Then at that point we will follow the "running calendar." But subject to change if needed.

I can't wait to see you all! Reach out anytime call or text.  
Have a blessed day and week!  
Coach Ashley

Ashley Garrett  
107 3 rd Street  
Pawnee, IL 62558  
(217) 319-8752

The following is the address to our main location of practice:

Address to the "Old Lutheran High School":

3500 W Washington St. Springfield, IL 62711

Address to the Church of Nazarene where the Lutheran High school is now:

5200 S Sixth Street Frontage E, Springfield, IL 62703

Other locations we may go to for our place of choice: Springfield

1. Washington Park
2. Centennial Park
3. Chatham, IL trail
4. Lincoln Park
5. Scheels bike trail
6. Southwind Park
7. Pawnee/track
8. SHG track
9. Chatham track
10. Any other ideas to mix it up if this is parent approved.