

NGMCC June Newsletter

Date: June 12, 2014
To: CC Runners, Coaches, Managers and Parents
From: Coach Steve Wehrley
Re: Important Dates for June

Please make sure your parents see this announcement!

- 1) Our Athletes-Parents-Coaches meeting is THURSDAY JUNE 19th in the NGHS Gymnasium from 7-8 PM. We hope to have FROZEN SNACKS for everyone. (This is a change from the information given to MONTICELLO athletes on an earlier schedule.)
- 2) First day of summer running (part of the summer school program called SCIENCE OF ENDURANCE TRAINING) starts MONDAY JUNE 16th from 9-10 AM at NGHS. Pick-up point at MHS Circle Drive at 8:45 AM.
- 3) Junior-Senior-Coaches Meeting is TUESDAY JUNE 17th in the SUGAR RIVER PIZZA from 6-7 PM. Even if you are a first year athlete it would be good to have you present. Our Junior/Senior leadership is important to our team success. Team will pay for PIZZA, you pay for the beverage if you wish one.
- 4) The first two evenings (two in June, two in August) of TWILIGHT CLINIC are Monday and Wednesday June 16th and June 18th from 7-9 PM at Verona Area High School and Track. We started this clinic Seventeen Years Ago! The idea is to do the MUSICAL TRACK and SHORTY CROSS COUNTRY COURSE in June and then again in August to see your improvement. Cost is \$60 for all four sessions including a running shirt. Sign-up from 6:30 - 7:00 PM. Contact me for more details if needed.
- 5) Any running you do in June makes you eligible for the NEW RUNNING CLUB T-SHIRTS. Join the 100 Mile Club, or 200 Mile Club, etc. Keep track of any distance of a mile or greater. See the enclosed Running Log. More information on Thursday.

Enjoy the warm weather. Email or call me at anytime for questions (well, not after midnight).

Coach Steve Wehrley: Home 608-845-6866 or wehrley@tds.net