

Dear Potential Student-Athletes of CAH,

I hope you had a great year at Cumberland Academy. Believe it or not I'm already preparing for the 2019 Cross Country Season to help make it a better year than the previous. We're a growing and developing sports teams team at Cumberland Academy that is continually improving each year. We have athletes that are raising the bar. I invite you to considering coming out for this great and unique sport.

Cross Country is team distance running and I know we have several outstanding team of athletes here on our track, soccer, and basketball teams that that could help elevate Cumberland to the next level. In our high school cross country program everyone races that practices; nobody rides the bench. The coaching staff at the high school is dedicated to helping you every runner at every level become the best they can be. If you ran track 400 meters up, competed on the soccer or basketball teams you should strongly consider the cross country team. We do have practices in summer about a month after school is out. You will have a training program following our parent-athlete meeting on **Tuesday, April 16, 2019, 3:30 PM** on the upper campus wooden stairs by the front office to make sure you're on track. We believe consistency is the key. The athletes who are most consistent at the high school level will find the most success. We have an athlete who has worked his way from being one of the slowest to being one of our fastest mid/distance runners. Believe it or not you can still play your other sports and cross country will help make you better for those. Our emphasis is on every athlete getting the support they need to be their best. If track is your only sport then we start training when school starts during the athletic period.

Please feel free to call, text, or email me with any questions. Again our Cross Country Parent / Athlete Meeting will be **Tuesday, April 16, 2019, 3:30 PM** at upper campus wooden stairs by the front office.

I look forward to meeting you soon!

William Ritter
Head Cross Country and Boys Track & Field