



R&L Fusion



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Hello! My name is Karlene Young but I will go by Coach Karlene. I am so excited for season 2023 cross country! Practice begins on Friday, August 11th at 6:30 in the morning. Athletes should have physical and concussion forms ready. Athletes will not be able to practice without a completed physical or concussion form.

August 14th we will have practice at 4pm in Lambert and on the 15th Lambert athletes will have practice at 6:30 in the morning. It will be a split practice because I have to help with setting up the kitchen and then serve supper for back to school night at 5pm. Richey athletes will practice in Richey after school with Coach Rachel on August 15th.

Attendance to practice is mandatory. If missed then athletes will not be able to go to meets to compete. Athletes must have 10 days of practice before running a competition.

My expectations are to have athletes hydrated before practice so we can avoid those side stitches as much as possible! Athletes must bring **RUNNING SHOES** or they will not be able to practice. I made the mistake of running in normal sneakers and I experienced the worst pain in my knees. It took me out of running for 2 weeks! Do not make that mistake!

Our first day will be about figuring out where the athletes are at skill wise. We will start out with a 10 minute warm up followed by a 5 minute jog. Then we will begin with our run which will last 20 minutes and then we will end practice with 6 strides. 2 days out of the week we will include abs and arms workouts. Every other Wednesday we will have track day to see how athletes are improving. The 2nd week we will bump the running time to 25 minutes and focus on not stopping as well as adding hill runs. Then 30 minute runs will happen. Boys add an extra 5 minutes for all runs. Until mid season which will be an extra 10 minutes.

Training Rules

5th-12th grade students participating in extra-curricular activities must be passing all subjects. Eligibility will be determined on Monday of each week by 12:00 Noon. Eligibility will run from Wednesday to Wednesday. Students placed on the ineligible list are not allowed to participate in extracurricular activities until the next Wednesday regardless if they brought their grade up to a passing level. Students remain ineligible until they are passing all classes. Ineligible students are still expected to practice as usual. Ineligible students will not be allowed to travel to competitive events. Students will be given a 1 week grace period one time per year. If a student is ineligible for 6 weeks in a row they will be ineligible for the remainder of that season.

At the end of each quarter students will use their quarter grade to determine eligibility for the first two weeks of the new quarter. All students with D's and F's will be reported to administration and parents. Students will be placed on the ineligible list if

1. they have an F grade in any class.
2. they have 3 or more D's in any classes.
3. they have 1 or 2 D's in a class. At that time they will be placed on the "warning" list. They will still be eligible to participate in extracurricular activities,