

Hippo XC -- Summer Contract

Name _____

Grade _____

PR & Date: 5K _____ 3200m _____ 1600m _____ 800m _____

Team/ Personal goals for the 2021

The main area of running I need to improve in order to be a better runner?

Ex: I need to improve my overall fitness as a runner.

Please list a goal that can be measured for that area of improvement:

Ex: In addition to individual/ team workouts, I will cross train w/ 30 bicycle miles every week.

Varsity Seniors: When we come back together in July... choose a freshman runner to mentor:

(Please speak to the other runners so you do not select the same person)

Summer Running Contract

I commit to running the following summer-mileage in an effort to improve my running performance and to do my part for the improvement of the Hutto XC team as a whole. I further acknowledge that I understand that if I do not successfully complete my summer mileage I risk being cut from the team or held out of races. **I acknowledge that as a returning runner my commitment to the team should be a larger commitment than that of a new inexperienced runner.**

Minimum Mileage 10 Weeks Summer May 30th - Aug 8th:

Circle your Grade:

9th: 100 Miles (10.0 miles/week)

10th: 125 Miles (12.5 miles/week)

11th 15.0 Miles (15.0 miles/week)

12th: 175 Miles (17.5 miles/week)

Summer Goal Mileage (include Cross Training): _____.

Ex. John will be a 10th grader. He will attend Summer Performance Camp.

If you include his minimum mileage (12.5 mi/week) with the Max Cross Training (10mi) earned from performance camp...John's summer goal mileage is 225 miles. Which will earn him a Silver level Specialty T-shirt (provided all miles have been logged and submitted on time)

(Signature of Runner)