



# R&L Fusion



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Hello! My name is Karlene Young but I will go by Coach Karlene. The junior high coach is Rachel Overby and we are so excited for season 2023 cross country! Practice begins after the first day of school, Monday, August 14th at 4pm in Lambert. The next week practice will be in Richey and will switch back and forth. Because Lambert starts school on Wednesday, back to school night is on Tuesday and I have to be at the school to serve supper. Meaning...

**WE WILL HAVE SPLIT PRACTICE ON TUESDAY the 15th!** This is not the norm but I have to be there. Richey athletes will practice in Richey after school with Coach Rachel and Lambert will practice at 6:30 in the morning. JH will not have practice on Wednesdays.

Junior high athletes should make sure to bring their completed physical and concussion forms in order to practice. 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.

We expect athletes to keep hydrated throughout the school day in order to avoid those pesky side stitches. Bring a water bottle to school and fill it up twice during the school day. I will provide a nutrition guide so that athletes are aware of a diet that will give potentially maximum results for cross country running.

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!

Practice will start out with a 10 minute warm up and a 5 minute jog. We will then proceed with our run which will be 20 minutes. Then gradually increasing run times as the season progresses. We will end practice with 6 strides. 2 days out of the week we will include abs and arms workouts. As well as having running games for the day before our meet when we can't push too hard.

We will focus on form and breathing techniques to ensure athletes are training safely and getting the most out of their practice.

## Training Rules

5<sup>th</sup>-12<sup>th</sup> 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.