

To all cross country athletes new and old!

My name is Shaun Horgan, I'm the boys cross country and track and field coach at Portsmouth High School. This week I am attending a cross country camp with three athletes on our team. I'm sorry I can't be here to meet you tonight. Please take a close look at all the information provided here as well as the 2015 Schedule and the Team Expectations Contract. Please have the contract signed and returned along with all other athletic department paperwork by the start of practice on August 17th. Let me know what questions you have!

Preseason schedule:

Official practice begins on Monday August 17th. Please make every effort to start with us on that date. Every day of practice is important. We will be holding double sessions for all athletes. The locations vary for each evening practice. The variety of running locations brings some new scenery to the distance runs. I have mapped out plenty of safe running routes around these locations. The morning practice will run from 8 am to 9:30 am. The evening practice will run from 6 pm to 7:30 pm.

8-17 Monday: PHS Track/Independence Park, Bristol

8-18 Tuesday: PHS Track/Grays Ice Cream, Tiverton

8-19 Wednesday: PHS Track/Independence Park

8-20 Thursday: PHS Track/Independence Park

8-21 Friday: PHS Track/Grays Ice Cream

8-22 Saturday: Independence Park

8-23 Sunday: Day Off

8-24 Monday: PHS Track/Grays Ice Cream

8-25 Tuesday: PHS Track/Independence Park

8-26 Wednesday: First day of school, 2:30 practice, meet at the outdoor track

If you anticipate transportation being an issue, let me know ahead of time so that we can work with another athlete to get you to or from practice.

What you will need:

1. Running shoes
 - a. I highly recommend Rhode Runner in Providence if you plan on buying some new running shoes. The staff there is great and if you mention you run cross country there is a 10% discount. Olympic Physical Therapy in Middletown is also a good spot.
2. Wrist watch
 - a. Please get yourself a simple stop watch that goes around your wrist. Not on a phone and not the lanyard type. This is very important and you will use it every day at practice. Bennys and Walmart have very reasonably priced watches.
3. Water Bottle
 - a. Hydration is a big part of being a cross country athlete. Plan on being best friends with this guy. You need to be drinking water during the school day and at home after practice.

Team communications:

Please visit phstrackandxc.com to sign up for either the parent or athlete group messages through Remind.com. It is free and you can either receive a text or an email. I will also send important emails to the any contact information you have in Aspen. But I will use the remind app as well for either short messages or just to remind you to check your email.

See you soon! – Shaun Horgan horgans@portsmouthschoolsri.org 401-487-9654 phstrackandxc.com