



440 Westford Road • Ashford, CT 06278

## Cross Country

Coach: Mr. Hollister  
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Coach: Mrs. Gauvin  
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September 2016



### Schedule:

(Races start at 3:30 pm)  
9/21 @ Griswold High School  
9/28 @ St. James  
10/05 @ Rectory  
10/12 @ Home  
10/19 @ Home

**10/26 Championships @  
Woodstock Fair** (Rain or  
shine)

Course Walk: 1:30  
Boys start at 2:30  
Girls start at 3:15

### Welcome to Cross Country at Ashford School!

Our goal is to give students at Ashford a variety of running experiences while learning to run for fun. The major focus is participation and skill refinement. During the season your child will learn proper warm-up and cool-down routines, proper running mechanics such as posture, arm-action, foot-strike, breathing, and principles of long distance running. We will also focus on developing character skills, such as keeping a positive attitude, setting and achieving goals, and understanding the importance of a healthy lifestyle.

The emphasis of this program is on participation and developing a healthy lifestyle, as opposed to the competitive aspects of running. However, this program touches on aspects of competitive running. Each lesson will be taught during a one-hour practice period over a 10-week time frame.

