



CROSS COUNTRY

Welcome to East Brunswick Tech High School, Home of the TIGERS!

I would like to invite you to be a part of our Tigers cross Country Team. Being a part of a team is a great way to get to know your classmates even before school begins. No running experience necessary to come out for the team, but hard work and commitment are a must!

Cross country is a thrilling sport, and it's the best of both worlds for an athlete. On one hand you are timed individually to get your best personal record and on the other you can score points towards our team to determine a winner of the meet. All races are 3.1 miles and we compete here at EB Tech and at other local parks and high schools. We also have exciting opportunities to go to large invitational meets throughout New Jersey, New York, and Pennsylvania.

It will be extremely important for you to do summer training. I ask all my runners to prepare themselves throughout June and July to get ready for our season, which starts in August. I suggest running 3-5 times a week, anywhere from 30 minutes to an hour and a half. A good pair of running sneakers will make a real difference in your training, you don't have to spend a lot of money, but make sure they fit you well! It is also important to eat healthy, stay active, and HYDRATE throughout the summer. Please see our online schedule for more details.

In the month of July (7/6-7/27) we will be meeting on Wednesdays at the Waterfront Park in South Amboy, NJ from 6:00-8:00pm. This is a nice opportunity to meet up during summer training and run with a group and meet the coaches. This is optional, but highly recommended, and of course fun!

Our season officially starts Monday, August 15th here at EB Tech. We practice Monday-Friday 8-10am and we meet around back of the school behind the gym. It is important all paperwork and forms are complete by this date. **Our school is hosting free sports physicals at EB Tech on August 4th at 9:30am.** All forms may be completed online at www.mcvts.net, click on Schools and choose East Brunswick Campus, then click on Athletics and choose the Athletic Forms page. If you use your private doctor, it is really important that they fill out our school physical form as well.

On Saturdays we will meet at Holmdel Park from 8-10am. Starting August 13th through September. This course is top in the state and it's important to our training. When school starts, we practice Monday-Friday 3:45-5:30pm through the month of October. All practices and meets are mandatory.

If you are interested in running and being a part of our team please contact me as soon as possible. Our complete schedule can be found on our website. Please go to www.mcvts.net, click our East Brunswick Campus, you'll find us under Athletics and the Cross Country Team page. I also have links to all necessary paperwork (permission slip, athletic questionnaire, and the physical forms for the doctor).

Please sign up for our messaging system. We use Remind.com, it is a free app on your smart phone or you can log in online. This is how I will communicate with parents and runners throughout the season. To receive text messages: text @xctigers to 81010 or 732-662-2503. To receive emails: email xctigers@mail.remind.com.

This is an exciting opportunity for you to be a part of something great. I look forward from hearing from you soon. Please contact me anytime with any questions. Start running!

Thank you,

Coach Stephanie Pegues

Varsity Boys & Girls Cross Country Coach

peguess@mcvts.net

School: 732-254-8700 or Remind: 732-662-2503