

# Menard Eagle Spring *Running* Camp

## *An Invitation!*

Dear Holy Savior Menard Parents and Students,

The end is in sight! While some of us are looking forward to the end of a school year, many of us are focusing on the next year (4 months from now!). Hard as it may be to believe, it's time to begin planning for August. As most of you know, besides teaching math, I coach the track and cross country teams, and that's the reason for this letter.

Menard has developed a rich running tradition over the last twenty-five years. The cross country girls have been district and parish champs and within the top 3 in the state (including 6 state championships and 6 runner-ups) for all but two of the last eighteen years. The cross country boys have been district champs sixteen of the last seventeen years and in the top six in the state for the last seventeen years (including 2 state championships and 2 runner-ups).

Cross Country is a fall sport. We start in early August and end before Thanksgiving. Each year we normally have 40 to 50 runners (of all shapes, sizes, abilities, and ages!). No one gets cut, everyone runs in all the meets, and our system is geared to finding success for each runner regardless of ability. It's also a great way to get in shape for winter and spring sports.

As sort of an introduction to running, or maybe a "Let's see if I might like this running thing," each year in May we host a two week running camp. This will be our 19<sup>th</sup> annual camp. I'm writing now to invite you to join us this year. The dates are Monday, May 3<sup>th</sup> through Friday, May 14<sup>th</sup>, from 3:30 PM to 5:00 PM at Menard. The cost is \$60.00 to cover t-shirts, supplies, and awards. **No running experience is necessary.** If you're interested or even think you might be interested, fill out the attached application and come join us. There's no commitment to cross country in the fall; you'll at the very least get yourself in shape for the summer; and you'll have a lot of fun.

If you would like to talk to me first, call me anytime during the day at 446-8887 or after 5:00 PM at 487-8887 (email is [wcmenard@suddenlink.net](mailto:wcmenard@suddenlink.net)). I'm looking forward to meeting you!

Sincerely,

Wallace C. Smith  
Head Coach, Track and Cross Country

PS: During each Cross Country season I hear a lot of, "I almost decided to come to the camp" or "I almost decided to run Cross Country this year," from many students. A lot of people go through life "almost" doing a lot of things. Don't go through life being an "almost" kind of person! Come try it out. You'll make new friends for sure. Our best runners have traditionally been boys and girls who haven't had much if any athletic experience but tried out this running thing – and found that with a commitment to being the best they can be, they have been able to find much success.

