



Summer To-Do List

- First practice is at **5:30 a.m. May 31st**. Be early and come prepared to run. Bring a watch, a water bottle and a protein recovery drink (chocolate milk) DAILY!
- We will train all summer on Monday – Thursdays and Saturdays. We may adjust start time due to heat throughout the summer. Most training will occur from Desert Vista but we will move practices from time to time for variety, so please check email regularly. Training payment of \$150 may be done on Zelle: 480-600-5146 or via cash or check made out to Optimal Performance.
- Ensure you have running shoes with plenty of good tread to help avoid injuries. Track the purchase date and mileage and replace shoes every 300-400 miles. Sole Sports (at the corner of Warner and Rural or 1006 E. Warner Road, Tempe AZ, 85284, phone 480-522-2475) provides expert advice on the best shoe for your feet/gait and offers discounts for DVCC and even better discounts for good students; take a recent report card to the store.
- Track your minutes, miles and other details daily. We will do this on a log Coach Hanson will send electronically. Sons of Thunder will be determined by recording your minutes, miles, sleep, and extra cardio for those eligible.
- Review information on camp and if you are interested, register online as spots fill up fast and may be limited; don't be left out. Camp is July 10th – 13th. Total cost: \$350 but goes up to \$400 after June 1st. Payment may also be done on Zelle: 480-600-5146 or via cash or check made out to Optimal Performance.
- Bookmark the Desert Vista Cross Country site and check it often for announcements, schedules, meet directions, meet results for the team and individuals, boosters info and tips: <http://www.thundercc.com>
- You must get a physical and complete all paperwork before you can join the official team in the fall. An AIA Physical Form must be completed and signed by a physician, CRNP or PA-C.
- There are many steps in order to be able to participate. The first is to go to Registermyathlete.com and simply follow the step by step procedure. You will need to be able to upload documents and there is a self-service station in the DV Office if needed. Please remember all documents.

Parents: We will have a new booster's membership form on the site before our August meeting, when we will explain why we need your help, membership levels and volunteer opportunities. If you can help in any way or have questions, feel free to reach out to a booster's officer. E-mail addresses can be found on the team site by clicking on the Boosters tab.

Coach Hanson
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