



Dear Tatnall Cross Country Parent,

I am very excited to see that your son/daughter has decided to participate in Cross Country.

My name is Patrick Castagno. I am the Cross Country and Track Coach at Tatnall. During the day, you can find me in the Upper School, teaching the Computer Science classes.

Over the past 7 years, we have been building a reputable running program here at Tatnall and it is a pleasure to see that your son/daughter has decided to join us. Seven years ago, this team at Tatnall had only a few runners. Last year, our girls team won the state championship for the fourth year in a row and ran all the way to the national championship in Oregon - a meet where only the best 20 teams in the nation are invited. Wow, what an experience that was. Our boys repeated as Conference Champions and placed a close second in the state championship! Our boys team had an incredible season considering the hard hit from graduation.

We really believe that these kids are proud of being a member of the Tatnall cross country team. Through this sport of cross country, your child will learn the value of hard work but I need to mention that we plan on having a lot of fun in the process. Our goal with this program is to teach your kids that their character is more important than their 5K time.

The purpose of this letter to you was to introduce myself and to explain what kinds of things your son/daughter should be doing now. I have spoken with just about all the kids at this point in the summer and a letter addressed to your son/daughter should arrive at the in the next week or so. This letter covers important information about training and expectations of your son/daughter. I will meet with your son/daughter at the beginning of each summer month to check flexibility, shoes, and design an individualized program for that month that they will use for training.

If your son/daughter has not started a daily program of running, then contact me right away (302-494-5312). The majority of team members have been running for a while now.

For new runners in our program, we require that your son/daughter be able to begin preseason able to run at least four miles without stopping. This will not happen overnight. Our first preseason practice will be Monday, August 18, from 9 to 11:30 a.m. Your son/daughter cannot get in running shape in a couple of weeks. I would like to encourage you to encourage them to get out the door at least five of the seven days each week for a short jog/run. If they have never run before, they should start with 10-15 minutes of easy jogging each day. After about a week to 10 days, this time should increase to 20-25 minutes each day of the second week. Have them do this until I contact you in mid June regarding their program.

Success in this sport depends on your child's attitude and willingness to work hard - starting now. Your support is very important to his success. Our coaching staff will take care of your son/daughter and watch them closely during our practices. We want them to be successful. Even if this is not their favorite sport, Cross Country will help them get ready for that sport.

High School races are 3.1 miles in length. Every year, we have kids who have never run before and do very well by season's end.

Please take a few minutes to see our team website. It has lots of information, pictures, and stories.

<http://www2.tatnall.org/xc/>

I look forward to meeting you in person,

Patrick Castagno
Head Coach, Tatnall XC
302.494.5312 cell

Coaching Staff: Mark Ginn, Zach Chupa, Tim Brock, Bill McCartan, Lauren DiGennaro